

HIV/AIDS PREVENTION GRADE 6*

LESSON #1: “ABOUT HIV/AIDS”

LESSON OVERVIEW:

The purpose of this lesson is to help students understand how the immune system works and the effect of HIV on that system. Students will know which behaviors will help prevent the acquisition and transmission of the virus which causes AIDS.

OBJECTIVES:

The Student Will:

- ✚ Describe how the human body’s immune system works
- ✚ Describe how HIV infection affects the immune system
- ✚ List behaviors that may place a person at risk for HIV infection
- ✚ List behaviors that protect against transmission of HIV.

ACTIVITIES:

- ✚ Review basic information related to HIV/AIDS
- ✚ “Risky Behavior” worksheet--behaviors and protection
- ✚ The “Body’s Defense System”--immune system

LESSON #2: “MAKING HEALTHY DECISIONS”

LESSON OVERVIEW:

The purpose of this lesson is to review the steps in the decision-making process and to develop skill in making responsible decisions that protect and promote one’s health. The formation of student groups for cooperative learning helps students develop their communication skills including listening and cooperating to achieve a group goal. Students are reminded that often decisions made now will have both positive and negative consequences for their futures. HIV/AIDS is an example of the negative consequences that can occur in the future if poor decisions are made now by young people regarding sex and drugs.

Grade 6, Lesson #2: Continued

OBJECTIVES:

- The student will:
- ✚ Use the “Decision-Making Model” to respond effectively to health-related problems.
 - ✚ Respect and show compassion for oneself and others
 - ✚ Describe how their own knowledge of and comfort with the model will help them make better decisions.

ACTIVITIES:

- ✚ Review of the “Decision-Making Model”
- ✚ Cooperative group activity regarding decisions

LESSON #3: “REFUSAL SKILLS”

LESSON OVERVIEW:

The purpose of this lesson is to introduce students to several simple, logical ways to refuse (say “no”).

OBJECTIVES:

- The student will:
- ✚ Recognize there are times when a healthy decision means you must refuse to participate in an activity.
 - ✚ Use ways to say “no” effectively

ACTIVITIES:

- ✚ Review of decision-making model
- ✚ Refusal-skills model

<p style="text-align: center;">HIV/AIDS PREVENTION GRADE 7*</p>



LESSON #1: “MYTHS and FACTS”

LESSON OVERVIEW:

This lesson begins with a review of student knowledge using a myth/fact approach. This can be done as a cooperative group activity with students generating the information or through the use of a myth/fact worksheet. This activity is designed to acknowledge that the students have a good deal of knowledge about this disease and to provide a foundation for continuing discussions.

OBJECTIVES:

The student will:

-  Determine the accuracy of information regarding HIV/AIDS.
-  Understand the basic facts about HIV/AIDS.

ACTIVITIES:

-  Myth-Fact Activity Worksheet

LESSON #2: “RISK RECOGNITION”

LESSON OVERVIEW:

This lesson examines risky behaviors involved in HIV/AIDS. The focus is on recognizing risk and identifying strategies that will reduce and prevent the risk of infection.

OBJECTIVES:

- The students will:
- ✚ Describe methods of preventing the spread of HIV--including abstinence-monogamous sexual relationships and avoidance of substance use/abuse.

ACTIVITIES:

- ✚ Risky-Not Risky Behaviors Worksheets

<p style="text-align: center;">HIV/AIDS PREVENTION GRADE 8*</p>
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LESSON #1: “HIV REVIEW”**LESSON OVERVIEW:**

This lesson begins with a review of student knowledge about HIV/AIDS. This activity is new and acknowledges that students know a great deal about HIV/AIDS and that this lesson is not just a repeat of information received in the past three years.

OBJECTIVES:

- The student will:
- ✚ Determine the accuracy of information regarding HIV/AIDS
 - ✚ Understand basic facts about HIV/AIDS

ACTIVITIES:

- ✚ “HIV/AIDS Questions”
- ✚ “HIV/AIDS Game Show”

LESSON #2: “ABSTINENCE”

LESSON OVERVIEW:

Problem solving and decision-making are increasingly difficult tasks for adolescents. Peer pressure continues to provide challenges to youth trying to provide challenges to youth trying to learn their own identity while maintaining a sense of belonging with their friends. Balancing this struggle for independence with their continued need for support from parents and their values learned from home is a daily task.

The purpose of this lesson is to provide depth to the discussion on abstinence so that students are reinforced in their decision to say “no” and to provide practice on how to say “no”.

Through identifying feelings generated by peer pressure, the reasons behind the pressures and the outcomes of decisions based on those pressures, students can discover ways to resist pressures to participate in actions which conflict with their values.

OBJECTIVES

The student will:

- ✚ Identify abstinence from sexual intercourse as the only certain means for prevention of HIV/AIDS through sexual contact.
- ✚ Recognize that he or she can say “no” to sex and drugs and not lose friends.
- ✚ Identify the influences of peers in decisions they make
- ✚ Recognize that the decisions made now may affect others as well as themselves far into the future.

ACTIVITIES:

- ✚ Review of abstinences--what does it mean
- ✚ Role-Play and practice saying “no” in various situations
- ✚ Goal-setting process

* All lessons used in the required presentation of lessons are taken from the OSPI/DOH developed and approved “KNOW HIV?STD Prevention Curriculum”