



**Title: STIs/BBVs/HIV**  
**Part 2: The Local and Global Impact of HIV**

**Level: THIRD/FOURTH**

**Links to Curriculum for Excellence**

Experiences and outcomes	Benchmarks
Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others’ sexual health and wellbeing. HWB 4-47b I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law. HWB 4-48a	<ul style="list-style-type: none"> <li>• Understands the rights and responsibilities required for safe and enjoyable sex.</li> <li>• Explains how to access both local and national information, guidance and help.</li> </ul>

**Learning Intentions**

- Young people consolidate and build on their understanding of HIV facts.
- Young people gain insight into some of the issues relating to HIV today.

**Success criteria**

- I can explain the basic facts about HIV transmission.
- I understand drug treatments associated with living with HIV and HIV prevention.
- I understand and have empathy toward the experience of people living with HIV.

**Resources to support this activity**

- PowerPoint slides
- Access to iPad/tablets or personal phones with internet access
- *What is HIV?* (duration 3 minutes 29 seconds) animation from amaze.org [https://youtu.be/YxfOu\\_aTzH8](https://youtu.be/YxfOu_aTzH8)
- *Living with HIV* (duration 3 minutes 10 seconds) animation form amaze.org <https://youtu.be/lfBPQrmBwbA>
- World AIDS Day <https://www.worldaidsday.org/>
- Living with HIV: Personal Stories and experiences <https://www.avert.org/living-with-hiv/stories>
- Living with HIV – the experience of young people <https://youtu.be/Wq5NZ9SiEpY> (7 minutes 36)

*Whenever you use content on a platform like YouTube please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.*

## Activity

1. Introduce the session along these lines: The session is about HIV and its impact across the world and here in Scotland and the UK. There will be some facts about HIV and the young people will spend some time thinking about the impact of drug treatments now available, and how people living with HIV can still face prejudice or discrimination. There will be a reminder that condoms are the best way to protect yourself from HIV infection when having penetrative sex.
2. **HIV The basics...** To start, ask the young people what they know about HIV – 5 things if they can. If they need any prompts, they might want to think about what HIV is, how it can be transmitted (and not) and how it is treated. After some discussion share the animation **What is HIV?** (duration 3 minutes 29 seconds) [https://youtu.be/YxfOu\\_aTzH8](https://youtu.be/YxfOu_aTzH8) and then the **6 slides which give the basics about HIV** – check understanding as you go, and correct or give further information on any of the things young people have already offered in terms of their understanding of HIV.
3. **HIV is a global challenge.** Tell the young people that HIV is a health challenge across the world. It is especially found in countries where people live in poverty and where they cannot access healthcare and HIV medication. Present the slide with numbers – explaining that children acquire HIV from their mothers at birth if their mum isn't on HIV medication to control her viral load. Explore whether young people were aware of the global challenge posed by HIV?

### HIV is a global challenge

- 37 million people across the world live with HIV.
- This includes around 1.8 million children under the age of 14.

4. **World AIDS Day.** Ask the young people if they have heard of WAD, every December 1<sup>st</sup>. Share the home page <https://www.worldaidsday.org/> on the smartboard. Explain that the symbol of WAD is the red ribbon – it is something people can wear to remember that the fight against HIV is still important. This is the story of that (on slide):

#### The red ribbon

In 1991, a decade after the emergence of HIV, artists gathered in a gallery in New York's East Village to create a symbol and something that people could wear to remember those who had died and the struggle of those people living with HIV. They decided that the elegant loop of the ribbon shape was easy to make and replicate. They avoided traditional colours associated with the gay community, such as pink and rainbow stripes, because they wanted to convey that HIV was relevant to everyone. They chose red for its boldness, and for its symbolic associations with passion, the heart and love.

5. **Living with HIV:** Share the animation **Living with HIV** (duration 3 minutes 10 seconds) <https://youtu.be/lfBPQrmBwbA> and explore any thoughts or questions.
6. **Living with HIV: Personal Stories and experiences** <https://www.avert.org/living-with-hiv/stories> Share the web page on the smart board and read the introductory text. Ask the young people to use iPad/tablets/phones to check out and read some of the personal testimony shared from around the world. After some individual or paired reading ask for thoughts about the experiences shared.

7. **HIV in Scotland.** Acknowledge that the session so far has focused on HIV globally, but of course HIV is present here in our county too. Share the slide.

**HIV Facts and figures for Scotland**

- In the last year 361 people tested positive for HIV in Scotland.
- 2 young people aged 15 – 24 test HIV positive every month.

Use the questions to prompt some discussion:

- Do you think that young people your age think about HIV risk?
- Do you think that young people your age know how to protect themselves from HIV – or indeed other STIs?

8. **Living with HIV – the experience of young people.** Explain that nowadays a woman living with HIV can use medication to control her HIV, this wasn't the case back in the 80s/90s and so then babies in the UK were born with HIV. The film shows young people who have grown up with HIV. The main point of the film is to say that the main issue now is stigma, and the ignorance people living with HIV face. <https://youtu.be/Wq5NZ9SiEpY> (7 minutes 36) Watch the film and talk over any issues or questions that arise.

9. **HIV prevention and treatment now.** Acknowledge that there has been mention of how treatments people take to help manage their HIV can now be very effective. Explain that each person will be given the drugs they need and it's very important that they stick to the plan they have. If they do they will have an undetectable viral load and live well.

Ask the young people if they have heard of drugs called (for short) PrEP or PEP? (PrEP was mentioned earlier) Share the slides **PrEP** and **PEP** about both and review main factors – emphasising that best advice or in an emergency go to a sexual health clinic or young people's drop in.

10. **Sexual health services.** Key messages to end – if you use condoms for vaginal and anal sex you protect yourself from HIV. If young people are concerned they have been exposed to HIV they should go to a clinic immediately. Remind young people of your local services (insert information in the slide).

**Additional ideas**

- **World AIDS Day** is an annual event every December 1<sup>st</sup> that the school/community settings can get involved in. Education packs are available online with a focus on the particular theme of the year, and free red ribbons can be ordered. This would provide cross-curricular material and also a potential whole school focus on a national and international issue. <https://www.worldaidsday.org/>
- **National AIDS Trust** produce teaching resources should you and young people want to do more on the topic: <https://www.nat.org.uk/teachers-resources>
- **An illustrated timeline of HIV in the UK:** A beautifully illustrated booklet <https://www.nat.org.uk/sites/default/files/teachers-resources/HIV%20illustrated%20timeline%202017.pdf> and animated version [https://youtu.be/u26\\_jDDLS14](https://youtu.be/u26_jDDLS14)
- **First Minister Nicola Sturgeons 2019 World AIDS Day message** <https://youtu.be/MaU1-FFyaU0> (1 minute 35)
- **More on PrEP** <https://prep.scot/>

## Connecting with home

*The following could be the basis of a short email/message home about this learning activity:*

As part of our learning about relationships, sexual health and parenthood we are learning about the local and global impact of HIV and AIDS. These are some of the resources we will look at that you might also be interested in. We will talk about World AIDS day which takes place every December 1<sup>st</sup>.

- World AIDS Day <https://www.worldaidsday.org/>
- Living with HIV: Personal Stories and experiences <https://www.avert.org/living-with-hiv/stories>
- Living with HIV – the experience of young people <https://youtu.be/Wq5NZ9SiEpY> (7 minutes 36)

## Practitioner Notes