



HEALTH AND WELLBEING

THE C-CARD

Resource Content

This resource is based on the C-Card (a service for people to get access to free condoms) which was developed during the peak of the HIV pandemic in Scotland in 1989.

Experiences and Outcomes

Health and Wellbeing - Relationships, sexual health and parenthood

HWB 3-48a - 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 3-49a - I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour.

Interdisciplinary Learning Opportunities

Social Studies – People in Society, Economy and Business

SOC 3-16a - I can explain why a group I have identified might experience inequality and can suggest ways in which this inequality might be addressed.



FACT SHEET

HIV/AIDS in Edinburgh and the Lothians

By the end of 1989, the HIV infection rate in Edinburgh was nearly seven times the national average. This led to Edinburgh being dubbed the “AIDS capital of Europe” in the national press at the time. The AIDS epidemic affected people from all walks of life; men, women, children, homosexuals and heterosexuals, as well as intravenous drug users and haemophiliacs.

At first, there was some uncertainty about how the virus could be transmitted - so with the passing of time, treatment and prevention initiatives focussed on different ways that HIV could spread. Early efforts concentrated on transmission through homosexual sex, but the focus was soon widened as it was realised that the virus could also be spread by transfusion of contaminated blood, sharing needles to inject drugs and heterosexual sex.

The scale of infection in Edinburgh meant that a major response was needed from a range of groups. Different bodies worked together to fight the spread of HIV and AIDS, including Lothian Health Board, local government, police, charities, voluntary groups and campaign organisations. They worked to identify people who were HIV positive so that appropriate treatment and care could be provided and infection prevention plans put in place. At the same time, ground-breaking public awareness campaigns educated the public on how they could (and could not) be at risk.

The C-Card

The C-Card campaign was started in the Lothians in 1989. It began as a free service for people to get access to condoms. Today the service has expanded across the UK offering free condoms and safe sex products confidentially to anyone aged 13 and over. There are 70 access points in Edinburgh and the Lothians.

Find out more here: <http://www.ccard.org.uk/>



RESOURCE IMAGES



HWB4.01



HWB4.02

Use the reference numbers below these images to help you find the corresponding downloadable images on the website



SUGGESTED ACTIVITIES

1. Starter Activity - Myth buster.

- a. As a class work through the questions provided.
- b. You can find answers to these questions online on the following websites:
 - i. <http://www.hivaware.org.uk/facts-myths/faqs-myths>
 - ii. <http://www.ccard.org.uk/>

2. Main Activity - Design a sexual health leaflet

- a. Show the C-card images to the class.
- b. Ask students what they like and don't like about the leaflet and the C-Card.
- c. From looking at the C-Card, would you know what it is for? Is this a good or a bad thing?
- d. Ask students to design their own leaflet and C-Card aimed at people their age.
- e. The leaflet should include information on where to get a C-Card, sexual health advice and support. Try to include some important useful facts and try to bust some myths!

3. Closing – What have you learnt?

- a. Ask students to anonymously write down one thing they have learnt about HIV and AIDS from this lesson. These are handed into the teacher to be read out loud to the rest of the class.



HIV/AIDS QUESTIONS

1. What is HIV and AIDS?

.....
.....
.....
.....

2. Who do you think can get HIV and AIDS?

.....
.....
.....
.....

3. How is it transmitted?

.....
.....
.....
.....

4. Where can you get a test for HIV and AIDS?

.....
.....
.....
.....

5. How is it treated?

.....
.....
.....
.....
.....



6. How do you think having HIV or AIDS could affect someone's life?

.....
.....
.....
.....

7. What can you do to prevent the transmission HIV and STIs?

.....
.....
.....
.....

8. What is the C-Card and where can you get one?

.....
.....
.....
.....