



HEALTH AND WELLBEING

METHODS OF HIV TRANSMISSION

Resource Content

This resource focuses on how HIV is transmitted and discusses the difference between HIV and AIDS.

Experiences and Outcomes

Health and Wellbeing - Relationships, sexual health and parenthood

HWB 2-15a - I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. *Responsibility of all

HWB 2-16a - I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. *Responsibility of all

HWB 3-46c - I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult.

HWB 3-47b - 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 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.



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.

You can't catch HIV from...

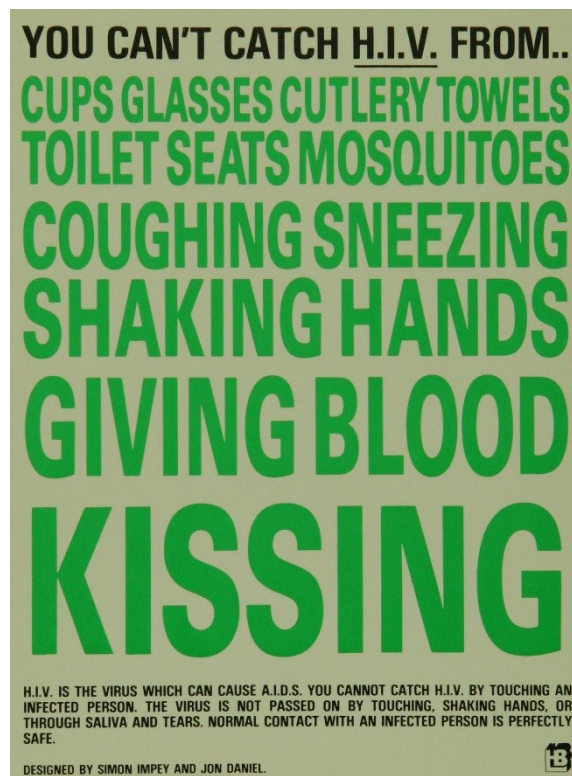
The leaflets used in this resource were produced by the Lothian Health Board in 1989 and aimed to educate the public on how HIV is transmitted.



RESOURCE IMAGES



HWB1.01



HWB1.02

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



SUGGESTED ACTIVITIES

1. Starter Activity – What is HIV/AIDS?

- a. Using the sheet provided, ask students what HIV and AIDS stands for.
- b. Explain the differences between the two terms.
- c. Using the sheet provided, ask students which activities pose a high, medium or no risk of contracting HIV.
- d. Go through the answers with students and write the answers in two columns labelled “You can catch HIV from...” and “You can’t catch HIV from...”

2. Main Project – Design an Educational Leaflet

- a. Show the students the leaflets produced by the Lothian Health Board in 1989.
- b. Ask why these leaflets needed to be produced?
- c. Is there still a misunderstanding of how HIV is transmitted today?
- d. Ask the students to produce their own educational leaflet which highlights how HIV is transmitted. It should contain the following information:
 - i) What is HIV?
 - ii) What is AIDS?
 - iii) How is HIV transmitted?
 - iv) How is HIV not transmitted?
 - v) Where can you go to find out more information or get an HIV test?
- e. The students should consider:
 - i) Who is the leaflet aimed at?
 - ii) Where would the leaflet be placed?
 - iii) How can the message be communicated clearly?

3. Closing – Presentation

- a. Ask students to show their leaflet to the class.



HIV AND AIDS WORKSHEET

1. What do the following terms stand for?

Use the words below to help you.

H.....

A.....

I.....

I.....

V.....

D.....

S.....

Virus

Syndrome

Immune

Immuno-deficiency

Human

Acquired

Deficiency

2. What is the difference between these two terms?

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ROUTES OF TRANSMISSION

Which of the following activities pose a high, medium or no risk of passing HIV?

| Activity | High Risk | Medium Risk | No Risk | Correct Answer |
|----------------------------|-----------|-------------|---------|----------------|
| Coughing and sneezing | | | | |
| Unprotected sex | | | | |
| Kissing | | | | |
| Giving first aid | | | | |
| Sharing needles | | | | |
| Sharing toilets | | | | |
| Blood transfusions | | | | |
| Mosquito bites | | | | |
| Oral sex | | | | |
| Body piercings and tattoos | | | | |
| Holding hands | | | | |
| Mother to baby | | | | |
| Sharing cutlery | | | | |
| Cuddling | | | | |
| Spitting and biting | | | | |
| Shaking hands | | | | |
| Giving blood | | | | |