

Education International - Education Development Center - World Health Organization

Learning for Life: Classroom Activities for HIV and AIDS Education Photocopy Masters





Activities Ages 10–14

Activity 1: Learning and Discussing Information about HIV and AIDS

Questions/Statements You Might Hear About HIV - Worksheet

- a. What is HIV?
- b. What is AIDS?
- c. How does someone get HIV?
- d. Who can get HIV?
- e. How do I know if I might be infected with HIV?
- f. I'm too young to get AIDS.
- g. I don't think I should hang around her too much because I heard she is HIV-positive.
- h. I heard there is a cure for HIV.
- i. I don't think he has AIDS. He looks too healthy.
- j. I feel nervous using the toilet after she has because I'm afraid I'll get HIV.

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Activity 2: The Choices We Make

What Can You Do? - Worksheet

You are returning home from school when you see a family friend talking with some other adults on the street. The friend asks you where you are going, and you tell the friend that you are walking home. “Come, I will walk with you,” the friend says. Even though you want to walk alone, you say okay. When you get to an open field, the family friend takes your hand. You feel uncomfortable. You do not feel you need to have your hand held. Then the friend suddenly hugs you and says, “Why don’t we stay here a little while and rest.” You are not sure why, but you start to feel afraid.

OR

You are talking with your friend and she suggests that you try to get some beer. She says “come on, it will be fun to get drunk.” You feel uncomfortable but your friend keeps encouraging you. When you resist the encouragement turns to threats.

Questions:

- Why might you feel afraid?
- What can you do or say to the family friend? Write a list in the box below of the things you can do or say.
- What might happen as a result? Write a list of these things.

What Will You Do or Say?	What Might Happen?



Activities Ages 10–14

Activity 3: Examining Risky Behaviours and Making Healthy Decisions

Risky Behaviours Exercise - Worksheet

Instruction: Draw a line between each risky behaviour in the right-hand column and the possible negative result in the left-hand column that can occur from doing the behaviour.

<i>Types of Risky Behaviours</i>	<i>Possible Negative Results</i>
Having sex at an early age	Feel tired and cannot study well
Having sex without a condom	Get HIV and other STIs Have unwanted pregnancy
Not washing your hands and bathing regularly	Get HIV and other diseases
Riding in a car without a seat belt	Get HIV and other STIs Have unwanted pregnancy
Touching blood from a cut of someone who has HIV	Get in a car crash
Not getting enough sleep	Get HIV and other STIs Have unwanted pregnancy
Eating food high in fat, sugar, or salt, and not getting enough exercise	Get hurt more seriously if get in an accident
Driving under the influence of alcohol or drugs	Get more stressed because problems get worse
Not doing school work on time	Gain too much weight and have less energy. Get heart disease or diabetes.
Having sex when under the influence of drugs or alcohol	Get HIV and other diseases
Sharing razors	Get poor grades
Not getting support when you have problems	Get health problems, such as diarrhoea, scabies, lice



Activities Ages 10–14

Activity 5: My Own Values

My Own Values

Jaro and Yoweri are classmates. Yesterday, in a class break they met each other.

Jaro: *Look at you. Why are you smiling?*

Yoweri: *I am happy. I think I'm falling for that girl I told you about.*

Jaro: *Wow! That girl Chimeza?*

Yoweri: *Yeah . . . we have been dating for the past couple of months. And in fact, I'll be meeting her again tonight.*

Jaro: *Excellent . . . that's why you're excited. So, how is she in bed?*

Yoweri: *No, it's not like that.*

Jaro: *Oh, come on! You said you both are in love?*

Yoweri: *Yeah . . . we're in love, but we decided that we are not ready to have sex. I love her, and I can show her without having sex.*

Jaro: *Yeah, but tonight, you both can have a lot of beer and then you will be ready.*

Yoweri: *I don't think so.*

Jaro: *C'mon, man, what's wrong with you?*

Yoweri: *She trusts me, and I don't want to violate that trust by forcing myself on her.*

Jaro: *Okay. I got it.*

What Are My Own Values?



Activities Ages 10–14

Activity 10: Supporting People Living with HIV and AIDS

I'd Rather Stay Away from Him

Jeanette and Odile are 12 years old. They are friends and in the same class. Pierre is also in their class. The three of them get along well and sometimes meet after school to go for a walk. But a few days ago, Pierre suddenly left school. Jeanette and Odile wonder why.

Jeanette: I really don't understand why Pierre dropped out of school! I wonder what's wrong. I haven't seen him since last week, and I don't even know where he lives.

Odile: I was wondering myself . . . he said he enjoyed coming to school. He didn't say a word, did he?—I mean about leaving . . . it's not very kind on his part!

Jeanette: Have you heard nothing about him?

Odile: Well, actually my mother mentioned something, but it's hard to believe.

Jeanette: What do you know? Come on, tell me the whole story!

Odile: I don't know if it's true, but my mother said that his mother died.

Jeanette: Ah . . . I'm sorry . . . can you imagine how he must be feeling about that?

Odile: It's hard. I can't even think of it. He must be feeling very lonely. No one can fill the love of one's mother.

Jeanette: But his mother was quite young, wasn't she? Was she ill?

Odile: According to what my mother was told, she died of AIDS, and Pierre might also be infected with AIDS.

Jeanette: He lost his mother, and he is infected with AIDS! It can't be true. I'm really concerned about him. He's only 12 . . . I can't believe it.

Odile: My mother told me to stay away from him. I really don't know what to do . . . perhaps we should avoid him! We might catch the disease.

Jeanette: Hmm . . . we learned that AIDS can't spread by meeting with infected people. I think he needs our support. After all, he is our friend.

Odile: Maybe you're right. How can we support him?

Jeanette: Without his mother I am sure he will need help in the house. I also remember my father saying a way to support a person affected by AIDS is to continue the friendship: spend some time with the person so that he or she can share feelings and get support. Imagine how we would feel if you or I lost our mother and people were avoiding us.

Odile: Yes, I would feel scared and lonely. Let's not waste time . . . let's go and meet him.

Jeanette and Odile went to Pierre's place. They talked, played football, and made dinner. Pierre was happy to have friends like Odile and Jeanette.



Activities Ages 15+

Activity 1: Examining Risky Behaviours for HIV

Determining the Risk Level of Different Behaviours for Getting HIV - Worksheet

Instructions: Decide whether each of the behaviours listed below is high, low, or no risk for getting HIV. Mark the correct level of risk next to each behaviour.

1. Touching someone who has HIV _____
2. Having sex without a condom _____
3. Dry kissing _____
4. Using toilets in a public washroom _____
5. Sharing needles _____
6. Sharing clothes with someone who has HIV _____
7. Having sex using a condom correctly _____
8. Self masturbation _____
9. Cleaning up blood without gloves on _____
10. Sharing eating utensils with someone who has HIV _____
11. Having sex with a condom that broke _____
12. Being bitten by a mosquito _____
13. Having sex with multiple partners _____
14. Wet (deep) kissing _____
15. Reusing a needle that was cleaned just with water _____
16. Swimming with someone who has HIV _____
17. Having sex using the same condom more than once _____
18. Mutual masturbation _____
19. Body-to-body rubbing with clothes on _____
20. Sharing a razor to shave legs or face _____
21. Sharing same needle for drug injection _____



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