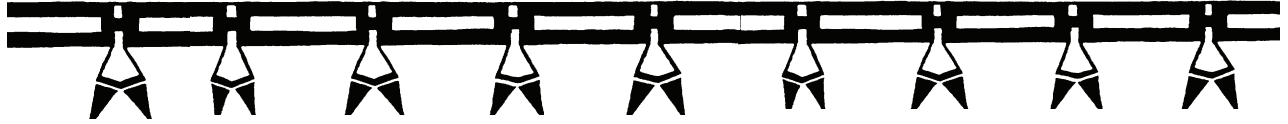


# 17: HIV/AIDS - Part 2



## What are we going to do today?

Today we will continue to learn about HIV/AIDS.

## What am I going to learn today?

By the end of this session, Native STAND members will be able to:

1. Describe how HIV is spread.
2. Identify your personal strengths and weaknesses in HIV/AIDS knowledge.
3. Describe how it felt to “play” someone with HIV or the partner of someone with HIV.

**It's easy to be  
brave from a  
safe distance.**

*Omaha*



# NOTES

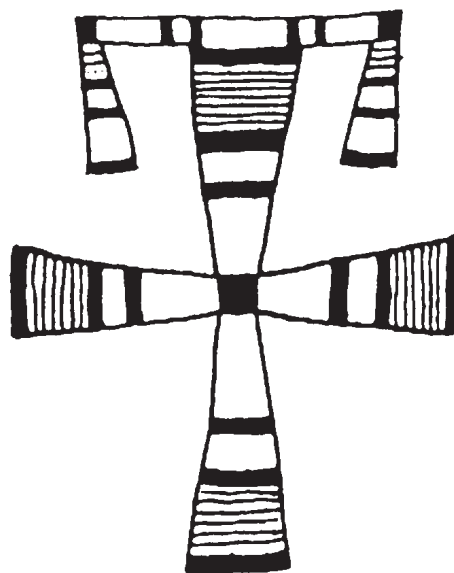


# HIV/AIDS True or False—Part 2

TEAM: \_\_\_\_\_

- |  |      |       |
|--|------|-------|
| 1. Most teens report that they used a condom the last time they had sex.   | TRUE | FALSE |
| 2. The average time from when someone is exposed to HIV to when they first show signs or symptoms is 8 to 10 years.  | TRUE | FALSE |
| 3. Today, HIV is acquired in 3 ways:<br>--Sexual intercourse with an infected person<br>--Blood-to-blood contact (mostly sharing needles and injection equipment)<br>--From infected mother to child during birth or through breastfeeding | TRUE | FALSE |
| 4. About 1 out of every 4 new HIV infections reported in the U.S. are among persons under 22 years old.  | TRUE | FALSE |
| 5. HIV causes AIDS.  | TRUE | FALSE |
| 6. Breast milk of HIV positive women contains HIV.   | TRUE | FALSE |
| 7. Being “HIV positive” is the same thing as having AIDS.  | TRUE | FALSE |
| 8. Symptoms of late stage HIV infection include:<br>--Persistent, unexplained fatigue<br>--Soaking night sweats<br>--Shaking chills or high fevers<br>--Swelling of lymph nodes<br>--Chronic diarrhea<br>--Persistent headaches            | TRUE | FALSE |
| 9. Douching after sex reduces the risk of HIV infection.   | TRUE | FALSE |
| 10. You can catch HIV by touching saliva (spit), tears, or sweat.  | TRUE | FALSE |
| 11. You have to be gay to get HIV.   | TRUE | FALSE |
| 12. Doing drugs or drinking alcohol can increase your chance of getting HIV.   | TRUE | FALSE |
| 13. You can get HIV from sharing needles and other works to inject drugs.  | TRUE | FALSE |
| 14. There are medicines to cure HIV.   | TRUE | FALSE |

- |  |      |       |
|--|------|-------|
| 15. Each year, the number of women diagnosed with HIV grows more than the number of men diagnosed with HIV.    | TRUE | FALSE |
| 16. Getting HIV is a death sentence  | TRUE | FALSE |
| 17. Having an STD makes you more at risk for HIV.  | TRUE | FALSE |
| 18. HIV weakens your immune system so your body can't fight against infections.                                | TRUE | FALSE |
| 19. You can get HIV by sharing a razor or toothbrush with someone who is HIV positive.                         | TRUE | FALSE |
| 20. Women are more easily infected with HIV by men than men are infected by women.                             | TRUE | FALSE |
| 21. An HIV positive man with an undetectable viral load cannot transmit HIV.                                   | TRUE | FALSE |
| 22. There will probably be a vaccine for HIV/AIDS pretty soon.   | TRUE | FALSE |
| 23. It's possible to get HIV from a blood transfusion today in the U.S.  | TRUE | FALSE |
| 24. Many cases of HIV/AIDS have been from female-to-female sexual transmission.                                | TRUE | FALSE |
| 25. Current U.S. national guidelines recommend that everyone between the ages of 13 and 64 be screened for HIV | TRUE | FALSE |



# “This Can’t Happen to Me” Role Play

## Marco’s Part

### The Story:

You and Abby have been going out and having sex for several months. Things have gotten pretty serious lately, and you’ve even talked about getting married. You decide you should both get tested for HIV. Today is the day you get your test results. You do not know Abby’s test results and she does not know yours. If you need to talk through things or have questions about HIV/AIDS, your friend Joshua is here to help you.

### Before the Play:

- You will receive your HIV test results.

### During the Play:

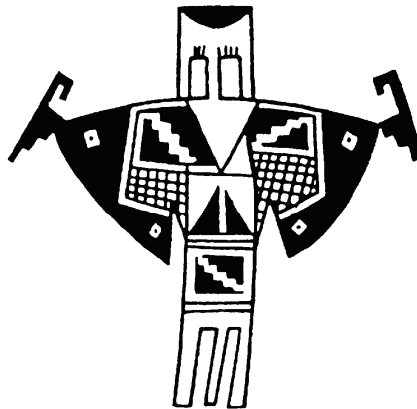
- Kelsey will tell you when it’s time to start the role play.
- Start by talking to Joshua or Abby. Tell him or her what your HIV test results are.

### Ending the Play:

- The play ends when you and Abby have made a decision about your future.

### After the Play:

- Joshua and Kelsey have some questions to discuss with the group.



# “This Can’t Happen to Me” Role Play

## Abby’s Part

### The Story:

You and Marco have been going out and having sex for several months. Things have gotten pretty serious lately, and you’ve even talked about getting married. You decide you should both get tested for HIV. Today is the day you get your test results. You do not know Marco’s test results and he does not know yours. If you need to talk through things or have questions about HIV/AIDS, your friend Kelsey is here to help you.

### Before the Play:

- You will receive your HIV test results.

### During the Play:

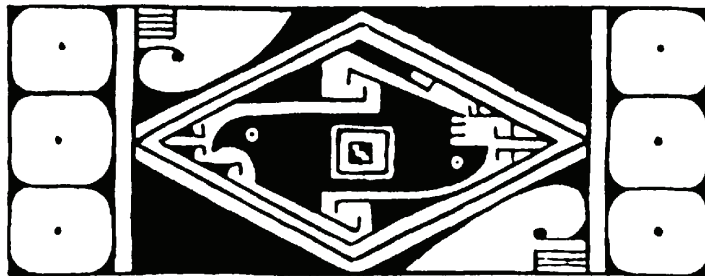
- Kelsey will tell you when it’s time to start the role play.
- If Marco wants to talk to his friend, Joshua, first, pretend you are not there.
- When Marco talks to you, respond as you think you would if this was real.
  - How will you first react?
  - Make sure he tells you all the facts.
  - What are the chances of you being infected with HIV?
  - How will this affect your relationship and your future? Will you drop him “like a hot potato”? Do you still think you’ll marry him? What about having children?
  - If you decided to keep seeing Marco, what can you do to reduce your chances of getting infected?
  - Discuss what you and Marco should do. Realizing that you really love him, what could you do to help him without putting yourself at risk?

### Ending the Play:

- The play ends when you and Marco have decided about your future.

### After the Play:

- Joshua and Kelsey have some questions to discuss with the group.



# “This Can’t Happen to Me” Role Play

## Joshua’s Part

### The Story:

You are Marco’s best friend. Marco and Abby have been going out and having sex for several months. Things have gotten pretty serious lately, and they’ve even talked about getting married. They decide they should both get tested for HIV. Today is the day they get their test results. Marco’s test is positive and Abby’s test is negative. Abby does not know Marco’s test results and Marco does not know Abby’s. You are there to help Marco talk through things and answer any questions he may have about HIV/AIDS.

### Before the Play:

- Abby and Marco receive their HIV test results.

### During the Play:

- Kelsey will tell you when it’s time to start the role play.
- Marco may choose to talk to you or Abby first. If he wants to talk to Abby first, pretend you are not there.
- If Marco talks to you first, what will you say? Will you encourage him to tell Kelsey?
- Help them make sure their decision is based on facts, not on fears or incorrect information.

### Ending the Play:

- The play ends when Abby and Marco have decided about their future.

### After the Play:

Kelsey will ask you to lead a discussion with the following questions. Tell the other characters to step out of their roles and to answer these questions as themselves. Get each person’s response to each question.

- How do you think you would cope if you found out you were infected with HIV?
- How would it change your life?
- Would you tell your family? Your friends?
- Would you continue your education?
- How would you want to be treated by your family? Friends? Teachers?

When you are finished leading the discussion on these questions, Kelsey has some additional questions for discussion.



# “This Can’t Happen to Me” Role Play

## Kelsey’s Part

*\*\*In addition to the role of Kelsey, you are also the Director of the role play.\*\**

### The Story:

You are Abby’s best friend. Marco and Abby have been going out and having sex for several months. Things have gotten pretty serious lately, and they’ve even talked about getting married. They decide they should both get tested for HIV. Today is the day they get their test results. Marco’s test is positive and Abby’s test is negative. Abby does not know Marco’s test results and Marco does not know Abby’s. You are there to help Abby talk through things and answer any questions she may have about HIV/AIDS.

### Before the Play:

- Abby and Marco receive their HIV test results.
- Give everyone time to read through the information about their roles and characters.

### During the Play:

- You will ask Marco to begin the play by telling his story to Joshua or Abby.
- Marco may choose to talk to Joshua or Abby first. The other person should pretend they are not there.
- If Marco runs out of things to say, ask him to tell Abby all the facts:
  - he is infected with HIV
  - where he got HIV
  - that he could transmit the virus through sex
  - the treatment
- If Abby runs out of things to say, ask her to tell Marco the following:
  - how she feels about his problem (angry, confused, shocked, etc)
  - what she is going to do about the relationship - still marry him, drop him like a "hot potato," or *what? Why?*
  - How will this affect her behavior with him? Will she talk with him? Hold his hand? Kiss him? Share personal items with him (combs, water glass, books, etc.)? Or have sex with him?
- You should make sure their decision is based on facts, not on fears or incorrect information.

### Ending the Play:

- The play ends when Abby and Marco have decided about their future.

### After the Play:

Call on Joshua to lead with his discussion questions. When Joshua is finished with his questions, ask the group to discuss the following:

- What do you think are the major factors that determine whether people are sexually active before marriage? Outside of marriage?
- What do you think are the major factors that lead couples to practice safer sex versus unsafe sex?



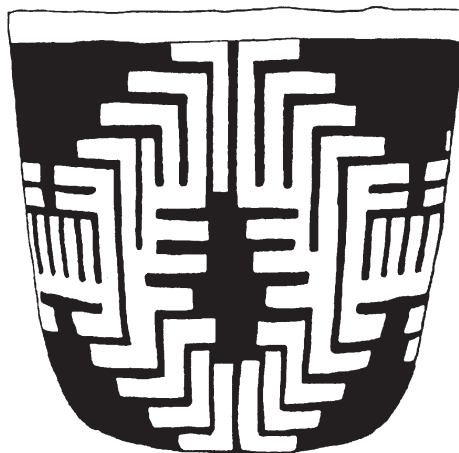
# NOTES

What feelings did you experience while you were doing the role play?



# Person Living with HIV/AIDS Interview Guide

1. Tell us a little bit about yourself including how long you have known your HIV status.
2. Tell us about your life before you knew you had HIV.
3. Do you know when you contracted HIV? Was it with a particular partner or during a certain time in your life? Tell us about that?
4. How did you decide to get tested?
5. Tell us about your experience getting tested. Where did you go? What was the test like? How did you find out your status?
6. How did you feel when you found out you were HIV positive? Who did you tell?
7. How has your life changed since finding out you were HIV positive? How often do you go to the doctor? Do you take medications?
8. What is your life like now? How is your health? How have your relationships with other people changed?
9. What is one thing you wish you had known before you contracted HIV?
10. What is one word of advice you would give to young people about taking care of their health?



# RESOURCES

## AI/AN Resources

### **Centers for Disease Control & Prevention: HIV/AIDS Among AI/AN**

<http://www.cdc.gov/hiv/resources/factsheets/PDF/aian.pdf>

Factsheet on HIV/AIDS in Native Americans from the CDC.

### **I Know Mine**

<https://www.iknowmine.org>

I Know Mine is an STD/HIV prevention project of the Alaska Native Tribal Health Consortium. Its website has factsheets, quizzes, a clinic locator, digital stories, condoms, posters, brochures, and more.

### **Indian Health Service HIV/AIDS Program**

<http://www.ihs.gov/MedicalPrograms/HIVAIDS>

Links to HIV/AIDS resources and information relevant to AI/AN.

### **National Native American AIDS Prevention Center**

<http://www.nnaapc.org/programs/native-youth-media/native-youth-media.htm>

NNAAPC helps organizations that serve Native communities to plan, develop and manage HIV/AIDS prevention, intervention, care, and treatment programs. This link is to NNAAPC's HIV Prevention Media, Curricula, and Resources for Native youth.

### **Project Red Talon**

[http://www.npaihb.org/epicenter/project/project\\_red\\_talon](http://www.npaihb.org/epicenter/project/project_red_talon)

Project Red Talon is the HIV/AIDS Project of the Northwest Portland Area Indian Health Board. Culturally-appropriate brochures, posters, and other educational materials are available for download.

## General Info

### **Amplify Your Voice: HIV**

<http://www.amplifyyourvoice.org/issues/hiv>

Amplify is an online community dedicated to sexual health, reproductive justice, and youth-led grassroots movement building. A project of Advocates for Youth.

### **Avert: What is AIDS?**

<http://www.avert.org/aids.htm>

AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **Teen Source: What is HIV?**

[http://www.teensource.org/pages/3026/Human\\_Immunodeficiency\\_Virus\\_HIV.htm](http://www.teensource.org/pages/3026/Human_Immunodeficiency_Virus_HIV.htm)

An educational resource for teens and young adults on healthy and responsible sexual lifestyles. Developed by the California Family Health Council.

### **TeenTalk**

<http://www.plannedparenthood.org/teen-talk>

A teen-friendly sexual health website developed by Planned Parenthood.

## Resources for HIV+ Youth

### **Avert: Personal Stories of Young People Living with HIV**

<http://www.avert.org/hiv-stories.htm>

A selection of stories about living with HIV and AIDS, written by young people from all around the world. AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **The Body: Disclosure: Being Out as an HIV-positive Teen**

<http://www.thebody.com/content/art4820.html>

Article on some things teens may expect to confront when they find out they are HIV-positive.

### **The Body: Voices of Teens with HIV: How You Can Support Us**

<http://www.thebody.com/content/art/art47466.html>

Excerpt from a book on HIV+ teens.

## Testing Resources

### **Avert: HIV Testing**

<http://www.avert.org/testing.htm>

AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **The Body: HIV Testing**

<http://www.thebody.com/index/testing.html>

Links to articles and resources addressing HIV testing issues.

### **Centers for Disease Control & Prevention: HIV Testing**

<http://www.cdc.gov/hiv/topics/testing>

HIV testing information from the CDC.

### **Centers for Disease Control & Prevention: National HIV & STD Testing Resources**

<http://www.hivtest.org>

Search for HIV testing sites by zip code.

### **Centers for Disease Control & Prevention: Rapid HIV Testing**

<http://www.cdc.gov/hiv/topics/testing/rapid>

Rapid HIV testing information from the CDC.

### **HIV InSite: What happens when you get tested for HIV?**

<http://hivinsite.ucsf.edu/inSite?page=basics-00-18>

A comprehensive site developed by the Center for HIV Information at the University of California at San Francisco.

## Youth Resources

### **Avert: AIDS, Sex & Teens**

<http://www.avert.org/young.htm>

AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **The Body: Young People & HIV/AIDS**

<http://www.thebody.com/index/whatis/children.html>

Links to articles and resources addressing HIV/AIDS in youth.

### **Centers for Disease Control & Prevention: HIV/AIDS Among Youth**

<http://www.cdc.gov/hiv/resources/Factsheets/PDF/youth.pdf>

A factsheet on HIV/AIDS in youth from the CDC.

### **Go Ask Alice**

<http://www.goaskalice.columbia.edu>

Columbia University's health Q&A Internet site.

### **HIV InSite: Adolescents & Youth**

<http://hivinsite.ucsf.edu/InSite?page=pb-youth>

A comprehensive website with links to many resources. Developed by the Center for HIV Information at the University of California at San Francisco.