

# HIV TRANSMISSION: HIV GRAB BAG\*

## ▶ ABOUT THIS ACTIVITY

🕒 **Time:** 30 minutes

➔ **Objectives:** By the end of this session, participants will be able to:

- Discuss and identify the 4 main ways HIV is transmitted.
- Identify every day items and activities that do not transmit HIV.

★ **Training Methods:** Game, Large Group Discussion

✓ **In This Activity You Will...**

- Explain and conduct the Grab Bag Game (20 minutes).
- Review HIV transmission (10 minutes).

✂ **Materials:**

- Flip chart
- Markers
- Handout-HIV Grab Bag Items and Answer Key

(continued next page)

## Instructions

1. This session will allow participants to discuss how HIV is transmitted and not transmitted.
2. Using any break up method, divide participants into 2 teams of equal size.
3. Introduce the HIV Grab Bag Game by saying the following:

*In this bag/container are lots of items. Some of them have to do with HIV transmission, some of them do not. When it's your team's turn, a member of your team must come to the table, reach into the bag or box, and pull out an item and take it back to your team. Your team members have 30 seconds to identify what the item has to do with HIV transmission. If you succeed, your team gets a point. (Keep score on flipchart for each team) If you don't identify it correctly within 30 seconds, the other team gets a chance to identify that item and its relationship to HIV transmission.*

*If they are correct, they get a point, if incorrect, the trainer keeps the item and the action trades back and forth until all items have been identified.*

*The team with the most points at the end of the game wins a prize.*

4. Decide which team will go first.
5. Begin the game making sure to keep the pace moving without letting too much time expire.
6. Award prize at the end of the game to the winning team.
7. Review the discarded items that neither team got correct.
8. Review the basics of transmission.

\* This module comes from Duke University, Partners in Caring; Center for Creative Education, 2006.

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## ABOUT THIS ACTIVITY (CONT.)

### Materials (cont.):

- Large container with the following items:
  - Latex glove
  - Can of bug repellent
  - Empty plastic bleach bottle
  - Box of household plastic wrap
  - Dental floss
  - Empty beer bottle/can
  - Packet of birth control pills
  - Baby doll
  - Toothbrush/Razor
  - Telephone
  - Massage oil
  - Flyer advertising a blood drive
  - Water based lubricant

### Preparation:

- Obtain grab bag materials
- Obtain bag or box for materials

- Someone has to have HIV in order to give it to someone else.
  - HIV is transmitted through 4 fluids:
    - Blood
    - Semen (pre-seminal fluid – pre-cum)
    - Vaginal Secretions
    - Breast Milk
  - These 4 fluids have to get in the bloodstream through
    - Vein
    - Cut/open abrasions
    - Mucous Membranes – any natural opening in the body. Fleshy material that acts like a sponge and absorbs the virus into the bloodstream. Examples:
      - Penis
      - Vagina
      - Anus
      - Mouth
  - The main ways HIV is transmitted given these parameters is:
    - By having unprotected sex with someone who has HIV (anal and vaginal sex are higher risks than oral sex).
    - By sharing needles with someone who has HIV.
    - A mother can pass it on to her baby before, during and after delivery (antiretroviral medications and other advances have reduced perinatal transmission to less than 2%).
    - Through blood transfusions (testing of blood have made this route extremely rare).
9. Review all the modes of transmission from above list as a conclusion to the exercise. Address questions from the group.

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*I have realized that I can live with HIV and taking care of myself is extremely important.*

A Graduate of the People to People training program



## Summary

1. Wrap up session with key points:

- HIV is a blood-borne pathogen that is transmitted through certain body fluids that must have a way to enter the bloodstream.
- HIV cannot be transmitted through everyday casual contact.
- Outside of the specific ways HIV is transmitted, HIV is hard to contract.

2. Inform the group that we will use this information as we continue into the other activities of the day.

- This information we just covered are the basics of HIV transmission. When you know the ways it's transmitted and the ways it is not, then you are armed with a wealth of information in which to live your lives.
- By knowing the specific ways it's transmitted along with where blood, semen, and vaginal secretions must get in for HIV to be transmitted, then you also have a sense of how to prevent it. Namely by not getting those fluids in those particular areas. We will use this information in future activities.

\* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit). This module comes from Duke University, Partners in Caring; Center for Creative Education, 2006.

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## SESSION HANDOUT

### HIV GRAB BAG ITEMS AND ANSWER KEY

**Telephone:** No transmission risk from casual contact.

**Bug repellent:** No prevention efficacy, you can't get HIV from insects.

**Bleach:** A 1:10 solution kills HIV on surfaces contaminated with body fluids. Can be used to clean needles.

**Birth Control Pills:** Not effective prevention against HIV risk from sexual intercourse.

**Toothbrush, razor:** May become contaminated with blood.

**Latex Glove:** Effective barrier against HIV on mucous membranes or in body fluids. Can be used as a dental dam.

**Household Plastic Wrap:** Used in place of a dental dam...don't suffocate!

**Dental Floss:** Flossing teeth before being receptive partner in oral sex can increase your risk of acquiring HIV.

**Beer Can/Bottle:** Alcohol may impair judgment and increase risk behaviors, but sharing the beer can or bottle is not a risk for transmission.

**Baby Doll:** Infants can get HIV from their mothers during pregnancy, delivery, and breastfeeding.

**Massage Oil:** A good alternative to intercourse. It's a bad sexual lubricant because it can weaken the condom and cause it to break.

**Water Base Lubricant:** Reduces risk, enhances enjoyment of condoms.

**Blood Drive:** Can't get HIV from donating blood.