

HIV/AIDS FRAME DISCUSSION*

▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 25 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
 - Describe basic information about HIV/AIDS.
 - Describe misconceptions regarding how HIV is transmitted.
 - Provide a brief overview of HIV/AIDS facts.
- ★ **Training Method:** Large Group Discussion
- ✓ **In This Activity You Will...**
 - Encourage participation of group by asking questions about HIV and AIDS (10 minutes).
 - Share definitions (10 minutes).
 - Lead group discussion to summarize (5 minutes).
- ✂ **Materials:**
 - Newsprint
 - Markers
 - HIV/AIDS Frame Poster
 - Masking Tape

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Instructions

1. Point out that we all hear and read stories about HIV and AIDS that include incorrect information and personal opinions. In this discussion, participants will learn basic information about HIV/AIDS. Topics to be included are (read from AIDS FRAME)
2. Follow Talking Points below.

Talking Points

What do the letters HIV and AIDS stand for?

“What is HIV?”

H – Human

I – Immunodeficiency

V – Virus

What is HIV? – HIV is the virus that causes AIDS.

What is AIDS?

A – Acquired

I – Immune

D – Deficiency

S – Syndrome

What is AIDS? – AIDS is the result of HIV infection.

How do people get infected?

- By having vaginal, anal or oral sex with someone who has HIV.
- By sharing needles or syringes with someone who has HIV.
- During pregnancy, birth or breastfeeding from an infected mother to her baby.

* This module comes from the Missouri People to People Training Manual, 2008.

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ABOUT THIS ACTIVITY (CONT.)

Preparation:

The content of the AIDS FRAME can be prepared ahead of time on newsprint.

- a. “What is HIV?”
- b. “What is AIDS?”
- c. “How do people get infected?”
- d. “How don’t people get infected?”

Bodily fluids of an infected person that spread HIV may include:

Semen
Blood
Vaginal Fluid
Breast Milk
Any other body fluids containing blood

How do people protect themselves from getting infected?

- People can choose not to have sex or use drugs.
- People can choose ways to be affectionate that do not spread HIV infection or other STDs/STIs.
- If people do decide to have sex, using a latex condom (barrier) the right way every time greatly reduces the risk of HIV infection and other STDs/STIs.

Summary

- This activity is designed to ensure that everyone in the group has a basic definition and understanding of HIV/AIDS before proceeding with the rest of the training.
- Answer any further questions from participants.
- Wrap up session.

* 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. This module comes from the Missouri People to People Training Manual, 2008.