

LESSON 6 : HIV BACK TO BASICS

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Overview	This lesson will provide a thorough overview of HIV including: the immune system, basic cellular processes of HIV, HIV transmission, prevention and treatment.
Duration	1 hour
Lesson Objectives	<ul style="list-style-type: none"> • Build understanding of how the immune system works • Understand how HIV affects the immune system • Students recognise how HIV treatment works • Identify HIV transmission routes
Key Terms	HIV Immune system Transmission Treatment Prevention
Teacher's Notes	Refer to FAQs and the Life in my Shoes Learning Library for more detailed information on HIV.
Resources	Lesson plan 6 PowerPoint 6 Film Clips Immune system function cards Immune system fact sheet Spotlight Series : Trailer
Curriculum Links	SRE: <i>Keeping safe and looking after my sexual health</i> <i>HIV/AIDS</i> Science: <i>Health, disease and the development of medicines</i> <i>Communicable diseases</i> <i>Treating, curing and preventing diseases</i>

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TIME	ACTIVITY	INSTRUCTIONS	FACILITATOR'S NOTES	EQUIPMENT NEEDED
5 mins	HIV brainstorm	To start, ask everyone to write down the first words that come to them when they think of HIV. Share answers and explain that they will be clarified and revisited at the end of the lesson.	Re-visit some of these definitions at the end of the lesson. Refer to FAQs and Lesson 2: Myths, for further information.	Paper & Pens or whiteboard for brainstorm
15 mins	Activity 1: The Immune system	<ol style="list-style-type: none"> 1. Ask the group to draw an outline of the human body (either on flipchart paper or use masking tape on the floor) 2. Together the group has 5 minutes to write down parts of the body that make up the immune system. They should write directly on the body outline (or use post it notes) 3. Once finished, the group reads their "Body" to the class and the teacher compiles the immune system functions, filling in any missing function 4. Then, brainstorm: <ul style="list-style-type: none"> - Ways an immune system can be made stronger - Ways an immune system can be damaged. 	The purpose of this activity is to provide a basic review of the immune system and its function. Use immune system fact sheet to guide functions	Immune system function cards Immune system fact sheet
20 mins	Activity 2: What is HIV and how does it work?	<p>Ask class to watch the short film very closely as the following activity will rely on information gained from this.</p> <p>Play: What is HIV?</p>	The purpose of this activity is for students to better understand how HIV works by re-enacting the functions of the immune system and HIV cells.	Learning Library Films: What is HIV?
		<p>Explain that the class will now re-enact how HIV works...</p> <ol style="list-style-type: none"> 1. Ask 5 volunteers to come up to the front of the class. They will be the white blood cells (WBC) Review what white blood cells do asking group if anyone can explain. Confirm function using explanation on the back of the card and give each volunteer a WBC card to hold. 2. Ask another volunteer to be bacteria, Ecoli. Review what bacterium is asking group if anyone can explain. Confirm function using explanation on the back of the card and give volunteer an ECOLI card to hold. 3. Ask for another volunteer, they will be HIV. Review what HIV is (a virus), what does HIV stand for? Explain that HIV is a special type of virus that attacks the immune system of humans. Use explanation on the back of the card and give volunteer an HIV card to hold. 		Immune system function notes: WBC x5 x 4 Ecoli x1 HIV transmission film HIV transmission

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		<p>4. Ask class how HIV enters the body? Review transmission routes. 1. Mother To Child Transmission 2. Unprotected Sex (sex without a condom) 3. Unsterilized needles</p> <p>Watch film to clarify: http://bodyandsoulcharity.org/the-factory/films/#s2</p> <p>Explain that the group are going to re-enact immune system functions and the volunteers will act out the following:</p> <p>5. Explain that someone has eaten some bad chicken and consumed bacteria so they now have food poisoning. Explain that when the bacteria enters the body, the WBCs (bring WBC over) recognize that the bacteria shouldn't be there so it 'takes a picture' to remember that the bacteria are bad. Then it attacks the bacteria and destroys it. (Bacteria should leave the body)</p> <p>6. Explain that when HIV enters the body the HIV finds a WBC, takes over the WBC and copies itself (the HIV volunteer stands next to a WBC and hands a print-out of HIV to the WBC volunteer it attacked). Then, that copy of HIV finds another WBC and copies in the same way.</p> <p>This is how HIV weakens someone's immune system.</p> <p>7. Once the HIV has copied 1 or 2 times, (there should now be 3 HIV cells and only 2 WBC) imagine what would happen if the person ate the same bad chicken.</p> <p>Ask the Bacteria volunteer to enter the body again. As there are now not as many WBCs to fight it off, the bacteria can stay in the body and cause more damage.</p> <p>Summarise: HIV virus is clever as it replicates and can make the immune system weak, meaning the body is more susceptible to other illnesses.</p> <p>Any questions? REFER TO FAQs</p>		
5 mins	Activity 3: HIV treatment	Watch the HIV treatment animation to explain the different ways HIV can be managed by medication.	Explain that with HIV there is treatment available to manage HIV and keep the immune system strong so that you can live a healthy life with HIV	HIV treatment film
10 mins	Activity 4: HIV Quiz	Test class knowledge with a multiple choice HIV quiz. The quiz will cover: HIV in the UK Young people and HIV The HIV test. Who can get HIV? Challenges for someone living with HIV	The purpose of this quiz is to consolidate HIV facts learnt and to give context to within the UK.	Powerpoint 1

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5 mins	Activity 5: Spotlight Series: Trailer	<p>End lesson with a reminder that although the science of HIV is very important to understand, it's just as important to remember that there is a social side to HIV and the virus can cause a range of challenges for a person living with or closely affected by it.</p> <p>Play Spotlights Series : Trailer to provide this context.</p>	Despite medical advancements, there is still a lot of prejudice which surrounds HIV	Spotlight Series : Trailer