



Lesson 7

Journal entry

A sexually transmitted infection (STI) is an infection that is passed from one person to another during sex.

Write at least 3 things you know about STIs.

Be sure one of these things includes the surest way to prevent STIs.



Healthy behavior

Preventing HIV (human immunodeficiency virus).

Slide 7C

© ETR. All rights reserved. **HEALTHSmart** Middle School • HIV, STI & Pregnancy Prevention



By the end of this lesson, you will be able to...

- 1. Explain how HIV is transmitted.**
- 2. Describe symptoms of untreated HIV.**
- 3. Explain the consequences of HIV.**
- 4. Describe why sexual abstinence is the safest, most effective way to avoid HIV.**
- 5. Explain why it is safe to be a friend of someone who has HIV.**



What Is HIV?



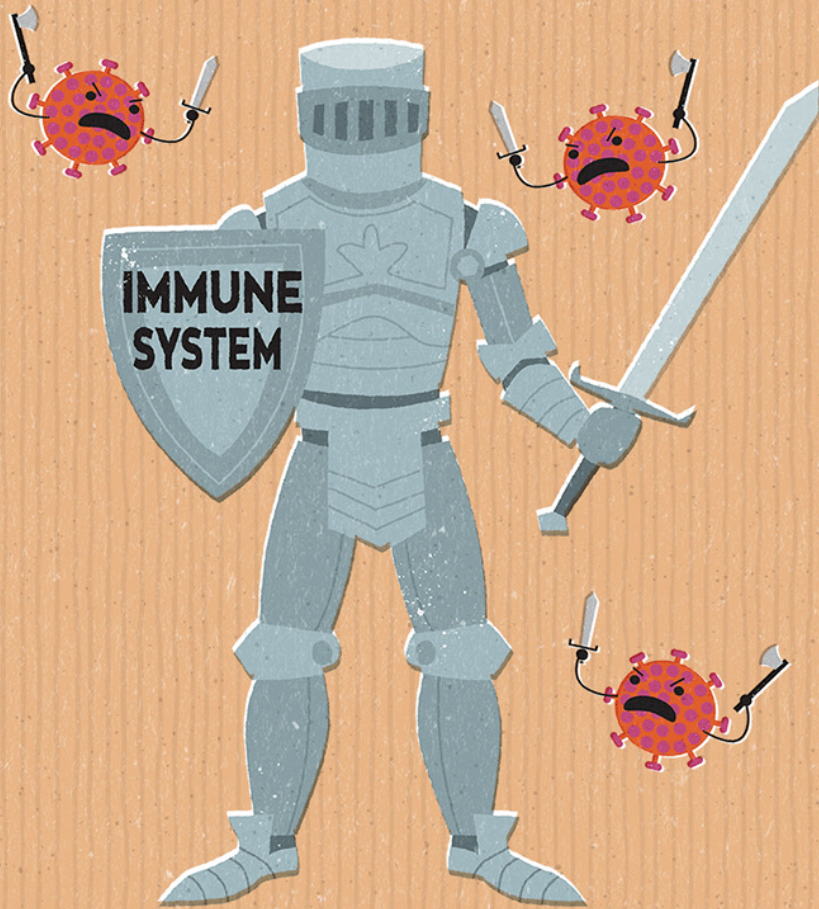
HIV stands for *human immunodeficiency virus*. It is the virus that causes AIDS.

AIDS stands for *acquired immune deficiency syndrome*.

HIV lives in semen, vaginal fluids, blood and breast milk of a person with HIV. HIV can be passed from one person to another through these infected fluids.

HIV damages the body's *immune system*. Over time, the body can no longer fight off other diseases and infections.

HIV and the Immune System



The immune system helps protect the body from illness and disease.

Over time, HIV weakens and destroys a person's immune system.

A person with HIV is diagnosed with AIDS if the immune system becomes so weak it can no longer fight off certain common illnesses.

There are medicines that can help people with HIV stay healthy for a very long time.

Ways HIV Is Transmitted

- During sexual activity.
- By sharing needles and equipment to inject drugs, steroids or vitamins
- By sharing needles used for tattoos and body piercing
- From a mother to her baby during pregnancy, childbirth or breastfeeding



Ways HIV Is **NOT** Transmitted

- Donating blood
- Shaking hands, hugging, kissing or sharing food
- Telephones, toilet seats, towels or eating utensils
- Tears, saliva, sweat or urine
- Mosquitoes or other insects



Slide 7H

HIV Symptoms & Consequences

People may have flu-like symptoms when they are first infected.

Many people have no symptoms in the early stages, but they can still pass HIV to others.

Untreated HIV damages the immune system until the body can no longer fight off infections.

Treatment can help people with HIV stay healthy for many years.

HIV can have emotional and social consequences.



HIV Testing and Treatment

It's important for sexually active people to get tested so they know their HIV status.

The earlier people find out they have HIV and get treatment, the healthier they will stay.

Medicines can help keep people living with HIV healthy and lower their chances of passing HIV to others.

A medicine called PrEP can help protect people who are at risk for HIV.



Protecting Yourself from HIV



Slide 7P

© ETR. All rights reserved. **HEALTHSmart** Middle School • HIV, STI & Pregnancy Prevention

Be sexually abstinent. Don't do any sexual activity that could transmit HIV or other STIs.

Never share needles for any reason.

Use condoms. Sexually active people can help protect themselves by using latex or polyurethane condoms every time they have sex.

Get tested. Know your HIV status.

PrEP. Taking HIV medicines every day can help protect people at high risk for HIV.

What I Learned About HIV

Directions: Use what you learned today to answer the questions.

① What are the 3 ways a person can get HIV?

② What are at least 3 symptoms of untreated HIV?

③ What are the consequences of HIV (physical, emotional, social)?

④ What is the surest 100% effective way to avoid HIV and why?

Student Workbook
page 33