This Can't Happen to Me

High School
HIV/AIDS Team Pack

Janice's Book

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Name Sheet

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This Can't Happen to Me

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The goals of this activity are to:
1. Increase your knowledge of HIV/AIDS infection, including methods of prevention.
2. Decrease your fear of patients with HIV/AIDS infection.
3. Increase your empathy for patients with HIV/AIDS infection.
4. Increase your awareness of some of the social and ethical issues related to HIV/AIDS infection.

There are two parts to this activity. The first part uses a question and answer format to review information, and the second part guides the group through a role play.

In the question and answer section, everyone has the same set of questions but only 1/4 of the answers. The indicated person should read his/her question aloud and then get each groupmate to discuss what he/she thinks is the answer before giving the right answer. Janice will be the Director for both sections.

You need to be seated close together facing one another so you can hear each person without talking loudly. Please remove the namecard from the back of the booklet, fold it and place it in front of you so that the others in your group will know which role you are playing.

Note from the Authors
Team Packs (group instructional methodology) are developed by trial and error. The HIV/AIDS Team Packs has been revised many times after feedback from thousands of students and teachers, but we know it can still be improved. If you have suggestions, we would be very grateful if you would send them to:

Parker A. Small, Jr., M.D.
address on cover
**INFORMATION EXCHANGE (About Sexually Transmitted Diseases)**

1. Janice calls on a person to read his/her question to the group.
2. The group discusses the answer.
3. The person with the question reads the printed answer.

Students can make notes for themselves in the space provided. This booklet is yours to keep.

!! Remember, the group should discuss each question before reading the answer !!

Janice, as Director, now tell Mark to begin.

Mark

**What are sexually transmitted diseases (STDs)?**

Linda

Let's see how many different STDs we can identify and give the main symptom for each.

Bill

**What is the most common STD?**

Janice

Can you tell if a person is free from an STD?

No. Many people are infected with STDs and do not know it. As a result, an infected person can spread the disease to others without knowing it.
Mark: How can you avoid getting an STD?

Linda: What is HIV?

Bill: What happens when a person gets infected with HIV?

Stage 1: The Hidden Infection

Stage 2: The Discovery

Stage 3: The Disease
Janice What is AIDS?

AIDS is Acquired Immunodeficiency Syndrome (AIDS). It is an incurable disease that destroys the immune system. As a result of having AIDS, your body is unable to fight off infections or cancers, which eventually cause death.

Mark How can you get HIV?

Linda Can you get HIV by giving blood?

Bill Can you get HIV by receiving blood?

Janice Can anyone get HIV?

Yes, anyone can get HIV. The HIV virus doesn’t care about your color, age, or sexual preference. It’s transmitted when people engage in certain high risk behaviors: needle sharing and unprotected sex (anal, oral, and vaginal).
INFORMATION EXCHANGE (About Sexually Transmitted Diseases) continued

Mark Can you get HIV from kissing or from saliva?

Linda Can you get HIV from clothes, toilet seats, swimming pools, or eating or drinking after someone?

Bill Can the HIV virus be transmitted from mothers to babies?

Janice Can I find out if I am infected with the HIV virus?

Yes. The most common and least expensive blood test detects antibodies to the virus and shows whether someone has been infected with the virus that causes HIV. This blood test becomes positive one to six months after infection. Because of this, a negative antibody test does not prove that you are uninfected. A negative blood test means that you did not have antibodies to the HIV virus at the time you were tested. To be certain, you need a second blood test six months after the first test. Be sure not to have any high risk behaviors (sexual or IV drugs) between blood tests. Newer and more expensive blood tests have been developed to test for viral proteins or viral RNA. Infected or not, you need to protect yourself and those you love.
Mark What does having a positive HIV blood test mean?

Linda When does HIV become AIDS?

Bill What kills people who have AIDS?

Janice How long after being infected with HIV do you become sick with AIDS?

It can be within a few months, or it can be many years. No one knows yet the longest period of time it may take to get sick. The time range is from one to twelve years and the average is eight years.

Mark Can HIV/AIDS be cured?
Linda: Who pays for the treatment for a person with AIDS?

Bill: How can you reduce your chances of getting HIV/AIDS?

Janice: Do condoms prevent the transmission of HIV/AIDS?

Latex condoms significantly reduce the chances of contracting HIV, but they are not a complete guarantee. Condoms make sexual activity safer, not safe.

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IF YOU'RE NOT INFECTED WITH THE HIV/AIDS VIRUS, YOU NEVER HAVE TO BE. IT'S UP TO YOU! ! !
Role-Play: Janice's Part

Getting Ready
You have only a few minutes to prepare for your part in the play. You are the Director and will tell the others when to begin. BEGIN BY READING THE REST OF THIS PAGE TO YOURSELF NOW.

Story
Your closest friend, Linda, has been dating Bill for over a year and a half, and they are engaged. They have decided not to have sex until after marriage, but they have been into heavy petting and deep kissing. You will learn the rest either from talking to Linda or Bill or by listening to their conversation.

During the Play
Listen to Bill and Linda talk over their problem and give them answers to questions about AIDS if they ask. Linda may also want to talk over her problem with you. You should make sure that their decision is based on facts, not on fears or incorrect information.

As Director
1. You will ask Bill to begin the play by telling his story to Mark or Linda.
2. If Bill runs out of things to say, ask him to tell all the facts:
   - that he is infected with HIV
   - where he got HIV
   - that he does not have AIDS
   - that he could transmit the virus through sex
   - the treatment
3. If Linda runs out of things to say, ask her to tell Bill the following:
   - how she feels about his problem (angry, confused, shocked, etc.)
   - what she is going to do about the relationship—marry him, drop him like a “hot potato,” or what? Why?
4. 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?
5. The play ends when Bill and Linda have made a decision.
6. When the play is over, read the directions on the next page under “After the Play.” Then tell your group what to do.

When you are finished reading this to yourself, check to be sure the others are finished. Then tell Bill to begin the play by telling his story to Mark or Linda.

After the Role-Play:
Ask Mark to lead with his discussion questions. Following Mark’s discussions, ask the group the following:
1. What do you think are the major factors that determine whether people are sexually active before marriage? Outside of marriage?
2. What do you think are the major factors that lead couples to practice safer sex versus unsafe sex?

The activity is over when the group finishes discussing the questions. Wait for your instructor to give you further directions.
NAME SHEET:

Remove this page from booklet, fold and place in front of you serve as your name card.

Janice

Fold on this line first.

Janice