

Onamutai Combined School –Onamutai Circuit
Private Bag 5561, Oshakati, Namibia 065-230500

Grade 8-10 Computer Practice – (HIV and AIDS Lessons) Prepared by Jonathan Babb

Term 2 - Scheme of Work

Week	Topic	Content	References	Remarks
1	Introduction: What is HIV and what is AIDS?	Lecture	Handouts	First week back to school. Will be slow
2	Facts and Myths about AIDS	Lecture	Handout from the Peace Corps Life Skills Book – Myths and Facts	Myths and Facts statements for the class to read aloud.
3	The Immune System	Lecture	Handouts-overhead	Define the immune system and describe how HIV attacks it.
4-5	How is HIV transmitted?	Lecture	Visual aids and life skills handouts.	Where HIV is – fluids. How it gets there. How you can or cannot get HIV.
6	Review and Test	Test – Immune system and HIV transmission.	Test	Review for 10 minutes, then test and review after test.
7	Sexually Transmitted Disease – STD	Lecture	Handouts- fliers on STDs.	Study STDs and their relationship to HIV – why they are related.
8	Woman and AIDS	Lecture	Handouts and discussion about woman, childbirth and HIV symptoms. Guest speaker.	Include cultural ideas and physical features that increase the woman's exposure to HIV.
9	Review and Test	Test – STDs, woman and HIV.	Test	Review for 10 minutes, then test ad review after test.
10	HIV Prevention	Lecture	Handouts, visual aids, condoms, rubber gloves.	Demonstrate, explain and practice effective HIV prevention methods.
11	HIV – Prevention for learners – pregnancy.	Lecture	Handouts, roll playing.	Discuss learners, peer pressure, risk vs. acceptance.
12	Cure and Treatment – Term Review.	Lecture	Handouts and discussion.	Discuss cures, treatments short term – long term. Review term subject for Exam.
13	Term Exam	Exam	Exam	Review briefly, then give exam. 2 hours.

Time Table

(As of 2003, I.T. is taught 2 periods per week)

Period	Time			
			4	10H20 to 11H
1	8H to 8H40		5	11H to 11H40
2	8H40 to 9H20		6	11H40 to 12H20
3	9H20 to 10H00		Break	12H20 to 12H30
Break	10H00 to 10H20		7	12H30 to 1H10
			8	1H10 to 1H50

Term 2**Lesson Plans** (continued from Term 1)

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 1 **Date:** _____**Lesson Topic:** HIV and AIDS**Lesson Objective:** By the end of this lesson the learners understand the definition of HIV and AIDS.**Teaching Aids:** Handouts, chalkboard**Introduction:** Welcome to term 2. We shall spend this term learning about HIV/AIDS.**Lesson Presentation:**

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher
Ask for definition of HIV / provide the definition after class participates.	Guess the definition. (Human Immuno-Deficiency Virus)
Ask for a definition of AIDS / provide the definition after the class participates.	Guess the definition. (Acquired Immune Deficiency Syndrome)
Discuss HIV in Namibia.	Discuss personal knowledge with the class.
Discuss why learning about HIV is important.	Relate reasons why HIV training and education is important.

Conclusion: HIV and AIDS effect and will continue to effect all of us, now and in the foreseeable future. Learn these facts well, it might save your life.**Assignment:** Collect information about HIV and AIDS from resources in your community.**Comments:**

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 2 **Date:** _____**Lesson Topic:** Myths and Facts about AIDS**Lesson Objective:** By the end of this lesson the learners will be able to differentiate between true and false statements about AIDS.**Teaching Aids:** Overhead projector or handout.**Introduction:** Today we shall discuss some facts and some wrong ideas about HIV.**Lesson Presentation:**

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners and take attendance	Greet teacher and answer roll call
Pass out statements to the learners that have truths and myths on them. Have each learner read his or her statement.	Read the statement to the class. Guess if it is a true or false statement.
Discuss each statement in detail explaining why it is true or false.	Guess and discuss why they think the statement is true or false.
Summarize the true and false statements on the board and have the learners put them in their notes.	Read and enter the notes in the notebooks.

Conclusion: There are many true theories about AIDS and many wrong concepts about AIDS. It is our assignment to learn the answers and prove to ourselves why we believe what we do.**Assignment:** Share these ideas with your friends and family.**Comments:**

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 3 **Date:** _____**Lesson Topic:** **The Immune System****Lesson Objective:** By the end of this lesson the learners will have a basic understanding of the human body immune system and how HIV attacks it leaving us with AIDS.**Teaching Aids:** Chalkboard and handouts.**Introduction:** The human body is complex and amazing. The immune system protects the body from sickness and disease.**Lesson Presentation:**

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher
Distribute handouts about the immune system and give the learners a few minutes to review them.	Review the handout.
Discuss the immune system and how it works. Define the different cells and demonstrate their function.	Take notes and follow along in the handout.
Have the learners act-out an attack on the immune system.	Do a skit showing an attack on the body and the work of the immune system.
Discuss how a weak immune system allows the body to be invaded.	Discuss this concept and relate to the skit for reinforcement.
Discuss how HIV creates a weak immune system.	Discuss this concept.

Conclusion: The immune system is the base to your healthy life. You must protect it and keep it strong.**Assignment:** Think about this less during the coming week and see if you are helping your immune system to remain strong.**Comments:**

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 4 **Date:** _____**Lesson Topic:** **How is HIV transmitted?****Lesson Objective:** By the end of this lesson the learners will know how HIV is transmitted.**Teaching Aids:** Chalkboard and handouts.**Introduction:** You know HIV leads to AIDS and eventually will kill the infected person. Your best defense is to not get HIV. Today we will discuss measures that will help you stay HIV negative (without HIV in your body).**Lesson Presentation:**

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher.
Distribute the handouts and have learners review the notes briefly.	Review the handout.
There are 4 main fluids that transmit HIV – blood, semen, vaginal fluids and breast milk.	Take notes and ask appropriate questions.
Discuss in detail how contact with these fluids transmits HIV from one person to another.	Discuss and ask questions. Make statements as appropriate about past experience.

Conclusion: HIV is in Namibia, in Onamutai, even in your school. Do not be fooled into thinking it is not. You can't see it, you can't taste it, you can't feel it, but it is waiting for you. Stay alert and understand how it gets into the body, then protect yourself.**Assignment:** Share this information with your friends and discuss it with your friends and family.**Comments:**

Subject: HIV **Grade:** 8, 9, 10 **Lesson:** 5 **Date:** _____**Lesson Topic:** **How is HIV transmitted? (continued)****Lesson Objective:** By the end of this lesson the learners will have an understanding of what activities can and cannot transmit HIV.**Teaching Aids:** Handout and chalkboard.**Introduction:** Last week we talked about the physical path HIV needs to get into your body. Today we will talk about activities that allow HIV to enter your body and why.**Lesson Presentation:**

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher
Discuss portal of entry or point of entry - how does it get inside of you.	Discuss and ask questions.
Talk about and discuss ways that HIV can be transmitted into your body.	Review the handout and discuss ways HIV can be transmitted by the various activities discussed.
Talk about and discuss ways that HIV is not transmitted into your body.	Review the handout and discuss safe activities in regard to HIV transmission.
Review fluids that allow HIV into your body.	Review and discuss.

Conclusion: Knowing how HIV is transmitted is the first step in preventing it from spreading. It is the knowledge that will help you live a long and healthy life. There will be a test next week on everything we have learned up to now.**Assignment:** Study your notes.**Comments:**

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 6 **Date:** _____

Lesson Topic: Test – HIV/AIDS, Myths and Facts, the Immune system, and transmission of HIV and AIDS

Lesson Objective: By The end of this lesson learners will demonstrate their understanding of the HIV topics discussed so far.

Teaching Aids: Test – Mid term.

Introduction: Today there will be a test. Read each question carefully. Answer the questions to the best of your knowledge. Do not cheat!

Lesson Presentation:

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher
Review for 10 minutes, then distribute the test.	Review notes and complete exam.
Discuss the contents of the exam.	Note where they were weak on the test for future reference.

Conclusion: You have now learned the basic information about HIV. Over the next few months we will discuss things that effect the possibility of your becoming infected with HIV.

Assignment:

Comments:

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 7 **Date:** _____

Lesson Topic: Sexually Transmitted Diseases - STDs

Lesson Objective: By the end of this lesson the learners will understand what a STD is and some of the symptoms of more common STDs.

Teaching Aids: Handouts, chalkboard and possibly a guest speaker.

Introduction: Sexually Transmitted Diseases or STDs are diseases or infections that are transmitted through sexually contact with another person.

Lesson Presentation:

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher.
Distribute the handout. Discuss and review the 5 common STDs in the handout.	Review the handout then discuss the various STDs mentioned.
Discuss the relationship between STDs and HIV.	Discuss and suggest why STDs allow HIV into the body more easily.
Discuss the importance of getting STDs treated and the dangers of being shy about STD treatment.	Discuss and debate STD treatment and peer pressure about going to the clinic. Talk about confidentiality and the clinic.

Conclusion: STDs are serious and should be treated as soon as you think you might have one. If you are not sure, go to the doctor and talk to a medical professional. Ignoring a problem will only make it worse and will make the infection harder to fight.

Assignment: Study the hand out and learn these symptoms.

Comments: A guest speaker for part of this class could be helpful. Also, it is likely that separating the boys from the girls for this discuss will be more productive and can be sex specific.

Lesson Topic: **Woman and AIDS**

Lesson Objective: By the end of this lesson the learners will be able discuss and understand the vulnerability and challenges woman face specifically in regard to AIDS.

Teaching Aids: Handout and overhead projector.

Introduction: You know how HIV is transmitted. Today we will discuss how woman are more susceptible to getting HIV, how culture increases a woman’s risk of HIV, and mother to infant transmission of HIV.

Lesson Presentation:

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher
Distribute handouts and allow brief viewing of the information.	Review the handouts.
Discuss the physical symptoms a woman has in relation to HIV.	Discuss the subject and view handout.
Discuss the transmission of HIV from a mother to the infant, include the risk and positives of breast feeding.	Discuss and ask questions.
Discuss cultural norms that put woman at higher risk and discuss how these risks can be reduced.	Discuss and debate cultural activities that put woman at higher risk for HIV infection. Talk about peer pressure.
Discuss “My body, My choice.” And “Take Control”. What do they mean.	Discuss how you can take control of the situation and make your own decision.

Conclusion: AIDS equally effects Men and woman. Women have factors that put them at higher risk of contracting HIV.

Assignment: Discuss this topic with you friends and family. Note times when you noticed things that we have discussed...i.e. peer pressure or cultural pressures that made you think about this subject.

Review your notes and be prepared for a test on STDs and women and AIDS.

Comments: A guest speaker might be rewarding.

Lesson Topic: **Review and Test – STDs and woman and AIDS**

Lesson Objective: By the end of this lesson the learners will have demonstrated their knowledge of STDs and women and AIDS.

Teaching Aids: Test

Introduction: Review your notes for 10 minutes. We will have a test. Read the instructions, answer the questions to the best of your knowledge. Do not cheat!

Lesson Presentation:

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners, take attendance	Greet teacher then answer roll call.
Distribute tests and explain as necessary.	Ask pertinent questions.
Observe and collect the test as learners finish. Provide reading material.	Complete and turn in test, the wait quietly. Read available material.
Briefly review test when all have completed it.	Review and refer to notes.

Conclusion: Next class we will discuss HIV prevention.

Assignment: Review your notes and note you weak points from the test.

Comments:

Lesson Topic: HIV Prevention

Lesson Objective: By the end of this lesson the learners will have know how to protect themselves from HIV through the use of condoms, gloves and avoidance.

Teaching Aids: Handouts and chalkboard

Introduction: We have talked about what HIV/AIDS is, how it is transmitted and who is at risk. Now we shall discuss ways to help you protect yourself from getting HIV and AIDS.

Lesson Presentation:

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners	Greet teacher
Distribute handouts. Discuss the universal methods of transmission prevention.	Review the handout then discuss and debate prevention methods.
Discuss condoms and demonstrate how to properly use a condom.	Allow for volunteers to demonstrate the use of a condom on a model penis.
Discuss the use of rubber gloves or plastic bags when in contact with blood.	Discuss and debate the use of protection when touching blood.

Conclusion: Physically, there are ways to reduce the risk of infection by placing a barrier between you and potentially infected fluids. Next week we will talk about the emotional ways to protect yourself.

Assignment: Keep these notes and live by these precautions.

Comments:

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 11 **Date:** _____

Lesson Topic: HIV prevention for learners and avoiding pregnancy.

Lesson Objective: By the end of this lesson the learners will have an understanding of the importance to stand for your beliefs and the drawbacks of getting pregnant while still in school.

Teaching Aids: Guest speaker, handouts.

Introduction: As you grow up there are many things that effect you, your present and your future. Today we will discuss not getting pregnant, not having sex, and not getting HIV.

Lesson Presentation:

<i>Teacher Activity</i>	<i>Learner Activity</i>
Greet learners and introduce guest speaker.	Greet teacher and guest.
Discuss and debate standards of life that each learner sets. The right to say no or yes.	Discuss and debate the right to say no or yes.
Discuss and debate the consequences of saying no or yes.	Talk about what happens.
Talk about peer pressure and family values.	Discuss peer pressure and family values.
Discuss pregnancy at a young age and the effects of having children while you are in school. Discuss and debate school and having babies.	Discuss and debate teenage pregnancy.

Conclusion: Saying yes can have long term effects that will make your life more difficult. Think.

Assignment: Protect yourself.

Comments:

Subject: HIV/AIDS **Grade:** 8, 9, 10 **Lesson:** 12 **Date:** _____

HIV/AIDS HANDOUTS

Lesson One – HIV/AIDS

Vocabulary words:

HIV = Human Immuno-Deficiency Virus

AIDS = Acquired Immune Deficiency Syndrome

STDs = Sexually Transmitted Diseases

HIV Positive = to have HIV in your body

Infection = to have a sickness inside your body.

Vulnerable = more likely to become infected

Effective = something that works well

Source = where the information came from

Healthy = to not be sick or to be extra strong

Immoral = people who are “sinners”

- ◆ HIV is a problem that is very real in Namibia. Depending on your **source**, at least one of every 4 people (25%) of Namibians has **HIV** or **AIDS**. Some sources put that number much higher, near 45%. Recent reports have stated that among teenagers, as many as 20% of teenagers tested for HIV were **HIV positive**.
- ◆ HIV attacks the immune system (the bodies defense system).
- ◆ The way we get HIV is known.
- ◆ Early treatment of **STDs** makes the body less **vulnerable** to HIV.
- ◆ Women in Namibia are very vulnerable to HIV **infection**.
- ◆ There are simple and **effective** ways to protect yourself from HIV infection.
- ◆ It can take a short time, or a long time for HIV to lead to AIDS. Staying healthy can help extend this time.
- ◆ There is no cure for AIDS, however there are some **treatments**.

Lesson Two – Myths and Facts

TRUE STATEMENTS:

- ◆ Africa has been more affected by AIDS than any other part of the world.
- ◆ There are medicines that can slow down the growth of the disease in a body.
- ◆ As of 2000, about 14,000,000 Africans have died of AIDS.
- ◆ In the Oshakati region of Namibia, about 30% of adults are infected with HIV.
- ◆ There is no cure for AIDS.
- ◆ More young teenage African girls have HIV than young boys of the same age.

FALSE STATEMENTS:

- ◆ AIDS is a disease that mostly attacks white people.
- ◆ Since everyone dies of AIDS, it is better no to know if you have it.
- ◆ You can be cured of AIDS by having sex with a virgin.
- ◆ Unlike Africans, people in America have access to drugs that can cure them.
- ◆ In Namibia, very few people have HIV.
- ◆ More young teenage boys in Namibia have HIV than your girls.
- ◆ Traditional healers in Namibia can cure AIDS.

- ◆ AIDS is a disease of **immoral** people, such as people who are paid to have sex.
- ◆ HIV does not cause AIDS.
- ◆ A person who looks **healthy** cannot have HIV.

STATEMENTS:

- ◆ According to UNAIDS, 20,000,000 of the 34,000,000 people who have HIV are in Africa.
- ◆ In 2003. anti-retroviral therapy was introduced in Namibia. This therapy helps extend the life of an AIDS sufferer, however is NOT a cure for AIDS.
- ◆ People of all races and nationalities can get HIV and AIDS.

Lesson Three - The Immune SystemVocabulary words:

Complicated = not simple; having many parts.

Antibodies = Disease fighting structures that attach to and kill germs.

Directly = by itself, without help

Antigen = A foreign germ that enters our body.

Antibody = A response (fighter) to a germ that enters our body.

Human Immuno-Deficiency Virus = The virus that attacks the T4 Helper Cells.

Invade = to come into and attack

The immune system is our body's way of fighting disease and sickness. It is very **complicated** however we will learn the basic way it works.

- ◆ There are two kinds of blood cells in your body. Red Blood Cells and White Blood Cells.
- ◆ Red Blood Cells carry oxygen to your body and carry away carbon dioxide.
- ◆ White Blood Cells are the immune system in your body.
 1. They fight sickness and disease.
 2. They eat germs and invaders that try to get into your body.
 3. The T4 Helper White Blood Cell: is the Captain of the immune system. They get the message that an invader is in the body and sends the B-Cell and T8 cell to fight the invaders.
 4. The B Cell White Blood Cell: Determines what kind of invader there is and makes **antibodies** to kill the invader.
 5. The T8 or "Killer" White Blood Cell: attacks and kills the invader **directly**.

When HIV attacks the body it destroys T4 Cells. When enough of the T4 Cells are killed or broken, the immune system is not called to fight. Other **antigens invade** the body and cause disease. This is when the infected person develops AIDS.

Lesson Four and Five - How is HIV transmitted?Vocabulary Words:

Transmitted = Passed from one person to another.

Contracted = to get or receive

Portal of entry = a way to get inside your body

Vaginal = of the vagina (female sex organ)

Anal = of the rectum (where we pass solid waste)

Oral = of the mouth

Inject = to put into

Transfusion = replacement of lost blood with someone else's blood.

HIV can be **contracted** only in very specific ways.

- ◆ A person must be in direct contact with one of four main body fluids that transmit HIV. Blood, semen, vaginal fluid, and breast milk.
- ◆ The infected fluid needs a **portal of entry**. A portal of entry is the way that HIV enters the body. This is either through a *cut, sore, or opening in the skin* or through the *soft tissue called "mucous membrane"* located in the *vagina, the tip of the penis, the anus, the mouth, the eyes or the nose*.

Common activities that transmit HIV:

1. **Vaginal Sex**
2. **Anal Sex**
3. **Oral Sex**
4. Sharing of Needles (used to **inject** drugs or medicine)
5. Sharing of sharp objects like razors that might have blood on them.
6. Blood **transfusion** with untested blood.
7. Mother to infant during pregnancy, birth or breast milk.
8. Exchange of blood.
9. Mucus membrane contact with semen or vaginal fluids.

Some ways that HIV is **NOT** transmitted:

1. Being near a person with HIV.
2. Sharing a cup with a person with HIV.
3. Sharing a toilet with someone with HIV.
4. Hugging or kissing a person with HIV *when blood is not present*.

LESSON SEVEN – Sexually Transmitted Diseases – STDs

Vocabulary words:

STDs = Diseases that are transmitted by having sex with someone who has the disease.

Unprotected = without a condom or other **barrier** device.

Barrier = something that blocks the passage

Genital = the area of the sex organ – the penis or vaginal area

Sore or Ulcer = a break or irritation in the skin or mucus membrane.

Expands = makes it bigger

Hosts = where they live

Sterility = not able to reproduce (produce children)

Exposure = to have contact with (after you had sex)

Inflammation = swelling and sore to touch (usually red)

Having a STD is one of the most important factors in HIV transmission. In Africa, it increases the risk of HIV transmission by 350%

STDs become a portal of entry; plus it is likely that a person who has a STD has had **unprotected** sex at some point.

A **genital sore** or **ulcer** as in syphilis, chancroid, or herpes **expands** the portal of entry. Having discharge, as in gonorrhea or chlamydia, means that more white blood cells are present. Since white blood cells are **hosts** for HIV, it means that more virus can be transmitted or received when the discharge is present.

A person can have a STD without having symptoms, therefore if you think you might have an STD, you should consult a medical person and be tested for STDs.

Four common STDs and their symptoms:

1. Gonorrhea:

- a) Yellow-green or white discharge from the penis or vagina.
- b) Burning sensation on urination.
- c) Symptoms usually are 2 to 14 days after exposure.
- d) Possibly no symptoms.
- e) Possible swelling in the area of the testicles.
- f) Possible **sterility** if untreated
- g) Possible blindness in newborns if not treated with drops in the eyes.

2. Syphilis:

- a) Painless sore on the penis or vagina
- b) Sore appears 10 to 90 days after exposure.
- c) Non-itching rash on body (palms and soles)
- d) Hair loss, fever, and chills.
- e) Possible death if untreated
- f) Possible death or bone deformation in newborn if mother in not treated early in pregnancy.

3. Herpes Simplex:

- a) No cure, treatment of symptoms only.
- b) Small painful blisters on genitals or mouth.
- c) Symptoms may recur when under stress.
- d) Viral infection.
- e) Severe neurological damage or death to newborns if exposed in birth canal.

4. Chancroid

- a) Painful sore on penis or vagina.
- b) Sore appears 3 to 5 days after **exposure**.
- c) **Inflammation** of lymph gland on one side.
- d) Greatest risk factor for HIV transmission.

LESSON EIGHT – Woman and AIDS

Vocabulary words:

Cervical = of the cervix

Yeast = a small organism that causes a white fluid to seep from the vagina

Origin = where it came from

Unknown = to not know

Persistent = it won't go away or keeps coming back

Unexplained = for no noticeable reason

Severe = extreme or very large amount

Some of the symptoms listed may not show up during early stages of HIV infection. It is also possible to have these symptoms and not be infected by HIV. If you are unsure, see your doctor.

Some symptoms of HIV in women:

1. Recurring lower abdominal pain
2. Repeated vaginal **yeast** infections (white itching discharge)
3. Abnormal menstrual periods (either heavy bleeding or skipped periods)
4. **Cervical** cancer
5. Sores of **unknown origin** in the vagina

Some symptoms of HIV in infants:

1. Failure to grow at a normal rate.
2. Enlarged liver or spleen
3. Earaches (pain in the ears)
4. Repeated thrash (white spots in the mouth).

Some other symptoms that effect men and women:

1. **Severe** weight loss.
2. **Unexplained** fever and chills.
3. **Persistent** cough

Passing of HIV from the mother to the child is a possibility. Somewhere between 25 and 50 percent of babies born to HIV positive mothers get HIV from their mother.

a)