

What is HIV?

Information on the transmission, treatment, and statistics of
HIV



Indiana
DEPARTMENT OF
EDUCATION



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Teacher Notes on the Presentation

Prior to using this presentation, please consider:

- This presentation is written for middle school students. More detailed information may be added to each section depending on the needs and student populations. It is up to school to decide what is developmentally appropriate and what works best for their community.
- Additional and more detailed information on each topic is found in the notes section of the slide deck.
- Links to references and citations that contained more information are linked in the notes section of the slide deck.
- IDOE and ISDH are available to answer questions or provide additional information.



HIV Introduction

What is HIV?

HIV (Human Immunodeficiency Virus) attacks the body's immune system. Over time, HIV can destroy so many cells that the body can't fight off infections and disease. ¹

While there is no cure, with proper medical care, HIV can be controlled. ¹ Taking medicines as prescribed can reduce HIV to undetectable levels. ¹

Transmission

HIV is transmitted through body fluids from a person who has HIV:⁷

- Sexual activities without a condom or improper condom use
- Sharing needles: drug use, steroids, hormones, and diabetes medication
- Rare cases: oral sex, breast feeding, childbirth, blood transfusions, human bites

Ways to Avoid Contracting HIV

Refrain from sexual activity until young people are ready as adults to establish, in the context of marriage, a mutually faithful monogamous relationship.

Other ways to prevent HIV Transmission:³

- Abstinence (not having sex) and not sharing needles are 100 percent effective ways to prevent HIV³
- Use condoms the right way
- Don't inject drugs
- Limit number of sex partners



Testing/Treatment

Testing³

- Free, confidential in clinics
- [Gettested.cdc.gov](https://www.gettested.cdc.gov)
- Text zip code to KNOWIT (566948)
- Call 1-800-CDGINFO
- Home testing kits

Treatment⁶

- Get tested
- Pre-Exposure Prophylaxis (PrEP)
- ART (Antiretroviral Therapy)
- Be Positive and stay on treatment



Statistics

- 8.1 million people living with HIV did not know they had HIV.⁴
- 37.9 million people worldwide are living with HIV.(2018)⁴
- Infection rate (new cases of HIV) has been stable since mid-1990s, as many as 50,000 still newly infected each year.²



Removing HIV Stigma

- Use appropriate vocabulary, see [HIV Stigma Fact Sheet](#).
- Talk openly about HIV and speak up when others stigmatize. (Don't be a bystander.)⁵
- Utilize [scenarios](#) to practice ways of eliminating the HIV stigma.⁵

HIV References

- 1 - [What is HIV?](#)
- 2 - [CDC Fact Sheets](#)
- 3 - [Disease of the Week: HIV/AIDS](#)
- 4 - [Health Topics: HIV/AIDS](#)
- 5 - [Stop HIV Stigma](#)
- 6 - [HIV Treatment](#)
- 7 - [Transmission](#)