

KINDERGARTEN HIV PREVENTION EDUCATION

Kindergarten lessons include basic concepts and skills that students will need for future HIV prevention instruction, as well as for lifelong health.

Lesson #	Lesson Title	Topic and Skill Focus	Lesson Purpose
1	What Does It Mean to Be Healthy?	<ul style="list-style-type: none"> Topic: Learning what it means to be healthy and feel good. 	This lesson teaches students to identify behaviors that help them stay healthy, such as drinking water and eating healthy foods.
2	What Does It Mean to Be Sick?	<ul style="list-style-type: none"> Topic: Distinguishing between being sick and healthy. Skill: Identifying trusted adults who can help when you are sick. 	Students learn basic cold symptoms and the steps they can take to recover, including visiting a doctor or clinic.
3	How Do We Stay Healthy?	<ul style="list-style-type: none"> Topic: Learning different ways to maintain good health. Skill: Practicing health behaviors to maintain or improve health. 	Students learn about habits that help them maintain good health, such as washing their hands and brushing their teeth.
4	How Do People Get Sick? What is HIV? What is AIDS? <i>*Opt-Out Lesson</i>	<ul style="list-style-type: none"> Topic: How germs cause illness. Topic: Learning the difference between illnesses that can be easily passed, are hard to pass, and cannot be passed from one person to another. 	Students learn what germs are and how they can be passed from one person to another (e.g., sneezing, coughing, touching) to cause illness. Students also learn a simple definition for HIV and AIDS and that HIV is hard to get.
5	Who Helps Us When We Are Sick?	<ul style="list-style-type: none"> Topic: Learning about the different people and places that can help us when we are sick. Skill: Identifying trusted adults who can help when you are sick. 	Students learn how to identify trusted adults who can help when they are sick.



GRADE ONE HIV PREVENTION EDUCATION

Grade one lessons include basic concepts and skills that students will need for future HIV prevention instruction, as well as for lifelong health.

Lesson #	Lesson Title	Topic and Skill Focus	Lesson Purpose
1	How Can We Stay Healthy?	<ul style="list-style-type: none"> ▪ Topic: Identifying practices to stay healthy. ▪ Skill: Setting a short-term goal to help maintain or improve health. 	In this lesson, students learn to identify basic healthy behaviors, such as washing hands and eating healthy foods.
2	How Are Diseases Passed from One Person to Another?	<ul style="list-style-type: none"> ▪ Topic: Learning the difference between illnesses that can be easily passed, are hard to pass, and cannot be passed from one person to another. ▪ Skill: Practicing health behaviors to prevent illness. 	Students learn that some illnesses are easy to pass and others are not. They also learn basic ways to prevent the spread of germs.
3	What Are Viruses? How Do They Enter the Body to Cause Disease? <i>*Opt-Out Lesson</i>	<ul style="list-style-type: none"> ▪ Topic: Learning that viruses are a type of germ that can cause illness and the ways viruses can enter the body. ▪ Skill: Practicing health behaviors to maintain or improve health. 	This lesson teaches students that a virus is a type of germ, as well as different ways germs can enter the body. Students learn what they can do to keep germs from entering their bodies or the bodies of others.
4	How Do Our Bodies Fight Viruses? Why Can't Our Bodies Fight HIV?	<ul style="list-style-type: none"> ▪ Topic: Understanding the immune system and how HIV weakens it. 	Students review HIV's impact on the immune system and how people living with HIV can stay healthy.
5	When We Are Sick, What Can We Do to Get Better?	<ul style="list-style-type: none"> ▪ Topic: Learning about the proper use of medicine when we are sick. ▪ Topic: Understanding the importance of family care and support when someone is sick. ▪ Skill: Identifying trusted adults to ask for help. 	Students learn how healthcare providers can help people when they are sick. They also learn to identify trusted adults to ask for help if they feel sick, get hurt, or have questions about their bodies and their health.



GRADE TWO HIV PREVENTION EDUCATION

Grade two lessons include basic concepts and skills that students will need for future HIV prevention instruction, as well as for lifelong health.

Lesson #	Lesson Title	Topic and Skill Focus	Lesson Purpose
1	What Are Some Healthy Choices Children Make?	<ul style="list-style-type: none"> ▪ Topic: Identifying healthy and unhealthy choices. ▪ Skill: Making decisions to improve or maintain health. 	This lesson teaches students how to identify behaviors and skills to stay healthy, such as washing hands and eating healthy foods.
2	What Happens When We Get Sick?	<ul style="list-style-type: none"> ▪ Topic: Identifying what people can do to prevent and treat illness. ▪ Skill: Practicing health behaviors to prevent illness. 	This lesson focuses on ways to prevent illness and how the common cold affects someone who is living with HIV versus someone who is not. Students also learn the importance of being kind to people living with HIV.
3	What Causes and Prevents the Spread of Illness? <i>*Opt-Out Lesson</i>	<ul style="list-style-type: none"> ▪ Topic: Distinguishing between illnesses that can be passed and those that cannot and identifying how germs are shared or passed to cause illness. ▪ Skill: Practicing health behaviors to prevent or reduce the spread of germs. 	This lesson explores the differences between illnesses that can be passed and those that cannot, including which types of germs are easier to get (airborne) and which are harder to get (bloodborne). It also encourages students to practice healthy habits, including how to stay safe around blood.
4	What Is the Immune System's Role in Fighting Illnesses? How Does HIV Affect the Immune System?	<ul style="list-style-type: none"> ▪ Topic: Understanding the immune system and how HIV weakens it. 	Students review the basics of HIV, HIV's impact on the immune system, and how people living with HIV can stay healthy.
5	How Do People Feel When They Are Sick? How Do Other People Feel About Them?	<ul style="list-style-type: none"> ▪ Topic: Learning about how sickness affects people and how other people can help sick people feel better. 	Students learn how healthcare providers can help people when they are sick. They also learn how to identify trusted adults to ask for help if they are feeling sick, get hurt, or have questions about their bodies and their health.



GRADE THREE HIV PREVENTION EDUCATION

Grade three lessons include basic concepts and skills that students will need for future HIV prevention instruction, as well as for lifelong health.

Lesson #	Lesson Title	Topic and Skill Focus	Lesson Purpose
1	How Do We Catch Germs That Make Us Sick?	<ul style="list-style-type: none"> ▪ Topic: Learning about how germs enter the body and cause illness. ▪ Skill: Practicing health behaviors to prevent illness. 	This lesson explains how germs can be shared from one person to another. Students learn what they can do to prevent illness (covering their mouths when they cough, sneezing into their elbows, washing hands, etc.).
2	How Does the Body Fight Disease?	<ul style="list-style-type: none"> ▪ Topic: Learning how the body fights disease and HIVs impact on the immune system. ▪ Topic: Understanding that AIDS is an advanced phase of HIV. ▪ Skill: Practicing behaviors to prevent illness. 	Students learn about the difference between HIV and AIDS. They learn how HIV and AIDS affect the immune system to weaken the body's defense against illness.
3	How Does HIV Affect the Immune System?	<ul style="list-style-type: none"> ▪ Topic: Distinguishing between the function of a healthy immune system and an immune system that is weakened by HIV. ▪ Skill: Practicing behaviors to help the immune system. 	Students review the basics of the immune system and HIV. They learn about HIV's impact on the immune system, as well as health behaviors to improve the function of the immune system.
4	What Are Healthy Choices That People Can Make? <i>*Opt-Out Lesson</i>	<ul style="list-style-type: none"> ▪ Topic: Distinguishing between healthy and unhealthy choices. ▪ Skill: Making decisions to maintain or improve health. 	This lesson explores some of the daily choices students make and how they affect their health. Students also review the steps for decision-making and practice making healthy choices.
5	Getting Help When We Have a Problem	<ul style="list-style-type: none"> ▪ Topic: Identifying where to go for help with a problem. ▪ Skill: Practice identifying trusted adults and clearly communicating needs. 	In this lesson, students learn how to identify trusted adults. Students brainstorm ways they can safely get help for themselves or others when they are sick, hurt, or being treated badly.



GRADE FOUR HIV PREVENTION EDUCATION

Grade four lessons include basic concepts and skills that students will need for future HIV instruction, as well as for lifelong health and compassion toward people living with HIV.

Lesson #	Lesson Title	Topic and Skill Focus	Lesson Purpose
1	What Causes Disease? How Does the Immune System Protect the Body from Disease?	<ul style="list-style-type: none"> ▪ Topic: Understanding a chain of infection. ▪ Skill: Basic self-care practices to recover from illness. 	Students learn what happens inside the body when it is infected with an airborne virus like measles. They also learn how vaccines help the body avoid some types of illness.
2	How Does the Body Fight Disease? How Does HIV Affect the Immune System?	<ul style="list-style-type: none"> ▪ Topic: Understanding how the immune system works and how HIV affects it. 	In this lesson, students learn how the immune system works and how HIV can harm it. Students learn that there is no cure for HIV. However, there are treatments that help people living with HIV lead long, healthy lives.
3	What Are Common Myths and Facts About HIV Transmission?	<ul style="list-style-type: none"> ▪ Topic: Identifying how HIV is and is not transmitted. 	Students learn that HIV is only passed through very specific behaviors and not casual contact. They also learn how myths about HIV transmission can be harmful.
4	How Can We Help Each Other Make Healthy Choices? <i>*Opt-Out Lesson</i>	<ul style="list-style-type: none"> ▪ Topic: Identifying ways to adopt healthy behaviors and encourage others to do the same. ▪ Skill: Using effective communication skills to advocate for others to live healthy lives and resist negative peer pressure. 	Students explore healthy habits, positive and negative risk behaviors, and peer pressure. They practice using refusal skills to avoid negative risk and encourage others to make healthy choices.
5	How Can We Find Information and Help in the Community?	<ul style="list-style-type: none"> ▪ Topic: Learning the characteristics of a reliable health resource. ▪ Skill: Identifying reliable resources for health-related information and help. 	In this lesson, students learn the steps to identifying reliable and accurate health resources.



GRADE FIVE HIV PREVENTION EDUCATION

Grade five lessons include basic concepts and skills that students will need for future HIV instruction, as well as for lifelong health and compassion toward people living with HIV.

Lesson #	Lesson Title	Topic and Skill Focus	Lesson Purpose
1	How Does the Body Protect Itself from Disease?	<ul style="list-style-type: none"> Topic: How the immune system works and how HIV affects it. Skill: Basic habits to protect the body against germs and illness. 	Students learn what HIV is and how it weakens the immune system.
2	How Is HIV Transmitted?	<ul style="list-style-type: none"> Topic: Understanding myths and facts about HIV transmission. Skill: Communicating to trusted adults about the ways a person can and cannot get HIV. 	This lesson explores how HIV is passed from one person to another. Students learn that HIV is only passed through very specific behaviors and not casual contact.
3	<p>*How Can We Reduce Our Risk Behaviors?</p> <p><i>*Opt-Out Lesson</i></p>	<ul style="list-style-type: none"> Topic: Negative and positive risk behaviors and their consequences. Skill: Using a decision-making process to understand the potential outcomes of risk behaviors. 	This lesson explores reasons why people take positive and negative risks. Students learn steps to think about the pros and cons of risk behaviors.
4	How Has HIV/AIDS Affected Society?	<ul style="list-style-type: none"> Topic: How HIV and AIDS has changed the world and affected communities. Skill: Advocating for ways people can avoid HIV risk and be supportive of people living with HIV. 	Students learn how HIV and AIDS have increased awareness of risk behaviors. They learn why it is harmful to mislabel HIV as a disease that only affects certain groups of people.
5	What Resources Provide HIV/AIDS Information and Help?	<ul style="list-style-type: none"> Topic: Identifying reliable resources to get information about HIV and AIDS. Skill: Identifying trusted adults to speak with about HIV and AIDS. 	This lesson helps students understand that learning scientific facts about HIV transmission can help stop the spread of the virus.

