1. No laughing and talking.
2. No laughing at other student’s questions.
3. If you are asking a question just to get a laugh or try to embarrass me or someone else, do not ask.
4. If you have a question you are not comfortable asking in front of the group or not sure if it is appropriate, catch me after class or your nurse when she is here.
5. What we discuss in this room stays in this room. It is not to be talked about on the playground, on the bus or anywhere around younger students.
6. If you are sitting next to someone who is going to make any of these a problem for you, now is a good time to move.
WHAT IS HIV?
What is HIV?

**Human Immunodeficiency Virus**

- A virus spread through body fluids that affects specific cells of the immune system, called CD4 cells, or T cells.

- A virus that kills the body’s CD4 cells (T cells) and damages the immune system.

- A virus that replicates inside the human body, so it must invade a healthy cell in the body to survive.
• This virus gradually weakens the person’s immune system.

• People with this virus become more susceptible to all kinds of infections.

• Over time it becomes a condition we call AIDS.
AIDS is a late stage of the HIV infection
Once diagnosed, the body has hard time fighting disease and certain cancers
NO cure for AIDS, but there is treatment
Diagnoses of HIV Cases, by Age

United States, 2014
N=44,073
- 19% 19 and Under
- 24% Age 20-29
- 36% Age 30-39
- 12% Age 40-49
- 5% Age 50-59
- 5% 60 and Over

Oklahoma, 2015
N=317
- 3% 19 and Under
- 12% Age 20-29
- 15% Age 30-39
- 25% Age 40-49
- 4% Age 50-59
- 4% 60 and Over

United States, 2014
- 19% 19 and Under
- 24% Age 20-29
- 36% Age 30-39
- 12% Age 40-49
- 5% Age 50-59
- 5% 60 and Over

Oklahoma, 2015
- 3% 19 and Under
- 12% Age 20-29
- 15% Age 30-39
- 25% Age 40-49
- 4% Age 50-59
- 4% 60 and Over
How is HIV Spread?

HIV is passed from person to person through the exchange of body fluids

3 Ways:

1. Unprotected sex with someone who has the virus
2. Blood to blood contact
3. Exposure to HIV before or during birth or through breastfeeding
What Fluids Can Transmit HIV?

Blood
Vaginal fluids
Semen
Breast Milk
<table>
<thead>
<tr>
<th>Mouth</th>
<th>Vagina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nose</td>
<td>Penis</td>
</tr>
<tr>
<td>Eyes</td>
<td>Anus</td>
</tr>
<tr>
<td>Ears</td>
<td>Open Skin</td>
</tr>
</tbody>
</table>
Some people who have HIV may have **NO symptoms** for 10 years or more.

It is estimated that 300,000-500,000 people in U.S. have HIV, but **do not know it**.

**Symptoms vary** from person to person.

Some people who have HIV report having **flu-like symptoms** 2-4 weeks after exposure.
How does someone know if they have this virus?

Must get tested for it.
The period of time after you may have been exposed to HIV, but before a test can detect it (up to 3 months)

*IMMEDIATELY CONTAGIOUS*
What does the HIV Test Mean?

Positive

• HIV virus found
• Have the HIV virus and can pass to others
• Need to begin treatment

Negative

• No HIV found
• May not have HIV (consider the window period)
• Retest in 3 months
Newly Diagnosed?  START TREATMENT!

Treatment benefits: your own health & the health of others

Thanks to better treatments, people with HIV are now living longer—and with a better quality of life—than ever before.
But, medication can be:

**Expensive** - $30,000 a year ($379,668 lifetime)

**Complicated** - different pills at specific times of day

**Toxic** - side effects are common

**Ineffective** - not all strains of HIV respond
Myth or Fact?

• I can get HIV by being around people who are HIV positive.
• I would NOT be able to tell if my partner was HIV positive.
• I can not get HIV from sex.
• I CANNOT get HIV from mosquitos.
• My partner and I are both HIV positive, so there is no need to use a condom.
HIV/AIDS FACTS

• In 2014, there were approximately 45,000 new cases of HIV diagnosed in the United States.
• In 2014, there were approximately 21,000 new cases of AIDS diagnosed in the United States.
• In Oklahoma, there are approximately 6,000 people living with HIV/AIDS.
• The county in Oklahoma with the highest incidence of HIV/AIDS is Oklahoma county, Cleveland county is number three.
• One in four new cases of HIV is diagnosed in the 13-24 year old age group.
• One out of eight people with HIV do not know they have the infection.
• The age group with the highest rate of new AIDS cases is 20-29 year olds.
• Half of all people diagnosed with HIV have died.
Reducing the Risk

NO RISK

Abstinence from Sex
Abstinence from Injection Drugs
Mutual Monogamy
**Protected Sex**

Condoms are 98% effective in reducing transmission rates if used consistently and correctly.

**Fewer Sexual Partners**

**Never Sharing Needles**

**Regular HIV/STD Testing**
Setting Healthy Boundaries

Communication, respect, and honesty are the building blocks of healthy relationships.

Ask Listen Respect Video
con·sent
/kənˈsent/
noun
1. permission for something to happen or agreement to do something.
"no change may be made without the consent of all the partners"
Similar: agreement, permission, authorization, clearance, acceptance, approval, endorsement, confirmation, support, go-ahead, thumbs up, green light, OK

verb
1. give permission for something to happen.
"he consented to a search by a detective"
Similar: agree to, assent to, allow, give permission for
Always ask for consent

Listen for enthusiastic, verbal consent.

Accept “no” as normal boundary-setting in relationships
Setting Healthy Boundaries

- How do you know when someone gives their consent to hold hands, hug, kiss or touch them?
- What do you do if consent is unclear? What are some tools you can use to be 100% sure that you have another person’s consent?
- If you get someone’s consent once, do you have to get it again later? Is consent a one-time event or an ongoing conversation? Why?
- Why is consent an important part of all our relationships?
- What are examples of using consent with people you are dating? How about people in your family? Your friends?
- Consent is an active, voluntary, and verbal agreement.
- Consent is a clear and enthusiastic “yes”.
- Only “yes” means “yes.”
- “Maybe” or “I’m not sure” do not mean “yes”.
- Just because someone does not say “no”, it does not mean that the person is giving consent.
- Consent is a process and a conversation.
- Consent can always be withdrawn.
USE
STOP
REFUSAL
SKILLS

SAY NO
TELL WHY NOT
OFFER ANOTHER IDEA
PEACE OUT
Where to Get Tested

Apps on your phone/device:
- “HIV Testing & Services Locator”
- “STD Testing Centers Locator”
- “Planned Parenthood Care”
- “HIV/AIDS Test”

Websites that can help:
- https://gettested.cdc.gov
- www.hivtest.org
- www.stdcheck.com
- www.gytnow.org
- www.aids.gov

Local/County Health Departments:
- www.health.ok.gov
Resources

HIV/AIDS Hotline: (800) 535-2437
OSDH-HIV/STD Service: (405) 271-4636

www.cdc.gov
www.aids.gov
www.health.ok.gov
www.plannedparenthood.org
www.sexetc.org
www.stophiv.org