

Fiorello H. LaGuardia High School of Music & Art and Performing Arts  
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### HIV/AIDS Assignments

The following assignments are to be handed in separately, each with a heading which includes your name, class/period, teacher, and date. Please include the assignment questions in the homework. These assignments are due by \_\_\_\_\_.

#### Homework 1

- Have students read Appendix A, *Student Guide to HIV Antibody Testing*, then answer the following questions:
  1. Imagine a friend is thinking about getting an HIV test, and comes to you for advice. What are some questions you should ask about his/her behaviors? List the questions. What responses would prompt you to recommend HIV testing?
  2. Do you think HIV testing should be mandatory (required) for everyone? Clearly explain the reasons for your answer.

An in-class debate may be set up where students are randomly assigned to take a position on whether testing should be mandatory or voluntary.

#### Homework 2

Have students write up the following:

Say, "A friend comes to you and tells you that he/she is sexually active, but is concerned about HIV/STIs. What are the ways your friend can reduce or eliminate the risk of HIV/STI transmission? If your friend decided to use condoms, what does he/she need to know about using them effectively?"

#### Homework 3

- Say, "Planning ahead and practicing what to say are valuable problem-solving tools that can help one become more confident and assertive, feel better about oneself, and feel more in control."
- Prepare a plan for what to do and say when coping with these situations:
  - "I'm invited to a party. My friend's parents will not be home. There will be beer and marijuana. I don't drink or smoke, but I want to go to the party. What should I do?"
  - "Jessica and I have been dating for three months. Jessica doesn't like to drink alone and always asks me to have a drink, too. Lately I've been having more than one. The other night I lost consciousness. I'm afraid. What should I do?"
  - "The people I hang out with are always shooting up. How can I avoid using drugs, and either convince these people that shooting up is dangerous or find friends who do not use drugs at all?"

### 1. *Who may wish to get tested?*

People who:

- Have been sexually active since their last HIV test, or who have been sexually active and never been tested.
- Are pregnant or have a partner who is pregnant.
- Have recently been diagnosed with another sexually transmitted infection (STI).
- Used drugs in ways that could transmit HIV, for example, using a syringe or other injection equipment that was used by someone else.
- Were born to an HIV-positive mother.

### 2. *If there is no cure for HIV/AIDS, why get tested?*

- If a person has engaged in high-risk behavior but is found not to be infected, he or she can:
  - Learn how to avoid infection or reduce chances of becoming infected.
- If a person is infected with HIV, he or she can:
  - Seek early medical care and treatment, such as antiretroviral medications, as well as other services that can help people effectively manage their HIV so that they live long and healthy lives.
  - Inform sexual partners about any exposure to HIV and the need for protection.
  - Learn how to prevent transmitting HIV to others.

### 3. *How does HIV antibody testing work?*

- A small sample of blood or saliva is tested for antibodies to HIV. The most commonly used test is an EIA/ELISA test. If the test reveals the presence of antibodies to HIV, a follow-up test, such as a Western Blot, is done to confirm the results. The EIA/ELISA test can take three to ten days for results.
- There is also a rapid testing option, using either a finger stick for blood or oral fluids from the mouth. This technology allows for a preliminary test result in twenty minutes. A positive result must also be confirmed with a Western Blot.
- There is a window period from the time of infection to the time when antibodies appear in the blood or saliva. This window period is usually three to twelve weeks.
- For this reason, a person who receives a negative test result can only be certain of its accuracy if he or she:
  - Received a negative test result and repeated the HIV test three months after the most recent possible exposure, and has not had unprotected oral, vaginal, or anal sex and has not shared injecting equipment since the time of testing.

**5. *Where do I go to get tested?***

Many agencies and/or organizations that provide HIV testing services. Contact the New York City Department of Health and Mental Hygiene or a health center that provides services. In addition, all city clinics provide rapid HIV testing free of charge. The clinics' locations can be found at: [www.nyc.gov/html/doh/html/std/std2.shtml](http://www.nyc.gov/html/doh/html/std/std2.shtml), or call 311.

**6. *What is the difference between anonymous and confidential testing?***

- Voluntary counseling and testing may be either anonymous or confidential, although a choice between the two may not be available at each site.
- In anonymous testing no one, including staff, knows the name of the person who has come for testing; the person is identified only through the use of a code number.
- In confidential testing, the counselor or agency knows the name of the person being tested, and is bound by law to keep the test results confidential. The results are maintained in confidential medical records, and positive results are reported confidentially to the city and state Departments of Health, and from them, anonymously to the Centers for Disease Control and Prevention (CDC).

Although for adults no test result can be revealed to others without the person's first signing a release form, this is not always true for adolescents, such as youth in foster placement, incarcerated youth, etc.



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## HIV/AIDS Assignment 2 Supplemental Handout

- "What is a condom?"

Answer: A condom is a covering, or sheath, that fits over the erect penis. Semen and preseminal fluid go into the reservoir or space at the tip of the condom. The condom prevents body fluids from entering a partner's body.

For people who are sexually active, male and female condoms are the best tools for preventing HIV infection. However, they must be used properly to protect from infection. It is, therefore, very important to learn when and how to put on a condom. Although you might think that you know if a person is infected with HIV, most people who are HIV-positive do not look sick, and one in four people living with HIV in the United States today do not know that they are infected. In addition, many people who are infected fear being rejected by their friends and family and may hide their infection. For this reason, it is important to use either a latex male condom or a polyurethane female condom every time you have intercourse with someone who has not been tested in the past three months. Only FDA-approved condoms should be used.

- "Because using a condom incorrectly can cause it to fail, it is important to realize that anyone who uses a condom has to know how to use it correctly. Correct use can keep the condom from breaking, tearing, leaking, or slipping off."

- Make sure to mention the following:

- The condom packet must be opened carefully so the condom does not tear. Never use a sharp object to open the package.
- Condoms should not be stored near a heat source (over 80°F).
- Condoms should not be used after the expiration date on the package.
- Condoms should never be reused.
- Condoms should be put on before the penis has any contact with the partner's body, so that neither semen nor preseminal fluid, which may contain sperm, HIV, or other STI-causing agents, touches the partner. In other words, condoms must be used from the beginning to the end of sexual activity.
- Using drugs, including alcohol, may make it difficult to coordinate using a condom correctly.
- If intercourse is physically stressful and there is not enough lubrication, a condom may break.
- Only water-based lubricants should be used on latex condoms. Oil-based lubricants (such as Vaseline or baby oil) should never be used because they can destroy the latex. Use of water-based lubricants with condoms can reduce friction, so they may help prevent a condom from breaking.
- A condom may not offer full protection if either partner has a lesion (associated with an STI or otherwise), that is on an area not covered by the condom.