

HIV RISK

ACTIVITY CARDS

In this exercise participants are asked to consider some everyday activities and think about whether these activities could carry a risk of HIV transmission, if one person involved in the activity is HIV positive (has the HIV virus).

For each activity, participants need to consider whether they think it is High Risk, Low Risk or No Risk in terms of possible HIV transmission.

Facilitators should refer to the HIV Risk Activity Briefing Sheet for correct placing of these activity cards.

Option 1 – as a whole group

1. Place the High Risk, Low Risk and No Risk heading cards on the floor/ stick them on a wall.
2. In turn, ask participants to select a card, read it aloud and place the activity card under the heading they think is correct in terms of risk of HIV transmission.
3. Ask the participant to explain their reasons for placing the card under this heading.

Note: only the individual who has an activity card in their hand is allowed to speak – other participants cannot question each other's decisions on where they place a card until the discussion is opened up to the whole group

4. Open up discussion to the rest of the group – do they agree or disagree and why?
5. Either confirm that the card is under the correct heading or move the card to the correct risk heading and explain why it is being moved.
6. Once all the cards have been placed under the correct risk heading, ask the group for any outstanding questions/ points of clarification.

Option 2 – in smaller groups

1. Give each group a set of risk heading cards and activity cards.
2. Ask the group to discuss each activity and decide whether it is a High Risk, Low Risk or No Risk activity in terms of HIV transmission.
3. The group should discuss all the activity cards until they are all placed under the risk headings.
4. Reconvene as a whole group.
5. The facilitator should go through each card and confirm which risk heading is the correct one for each activity with a brief explanation as to why.
6. Facilitate a discussion about any differences between the correct risk order for the activity cards and the position of cards placed in participants own groups.
7. Ask the group for any outstanding questions/ points of clarification.

It is really important that facilitators keep a close eye on time to ensure the exercise can be completed, that the facilitator has time to go through all the activities and place them under the correct heading and that any outstanding questions can be answered.

HIGH RISK

LOW RISK

NO RISK

SHARING A TOOTHBRUSH

LOVE BITES

**SHARING CUPS
AND GLASSES**

**USING THE SAME
TOILET**

KISSING

CLEANING UP SICK

**BEING SNEEZED
ON**

**HAVING A BLOOD
TRANSFUSION IN
THE UK**

**SEX WITH A
CONDOM**

HAVING A TATTOO

SHARING KNIVES AND FORKS

**GOING DOWN ON
SOMEONE WITH A
VAGINA**

(ORAL SEX – CUNNILINGUS)

BLOW JOB

(ORAL SEX – FELLATIO)

HAND JOB

(WANKING)

SHARING NEEDLES

(IF YOU ARE USING DRUGS)

BREAST FEEDING

(A BABY)

**SEX WITHOUT A
CONDOM**

SHAKING HANDS

HUGGING