

HIV

Aim

- To raise awareness of HIV
- To broaden knowledge around HIV prevention
- To increase confidence around accessing local services for testing and knowing your status

Resources Needed:

- Board or flip chart for facilitator to write on
- HIV and AIDS Definition Cards
- High Risk, No Risk, Low Risk Cards (NEED THESE TO BE ADDED)
- Sexual Health Sheffield HIV Fact Sheet (MATT TO DESIGN)
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Length of Session: 1 hour

Setting The Scene

Human Immunodeficiency Virus (HIV) is a virus that damages the body's immune system so it cannot fight off infections. AIDS (acquired immune deficiency syndrome) is the name used to describe a number of potentially life-threatening infections and illnesses that happen when your immune system has been severely damaged by the HIV virus. While AIDS cannot be transmitted from one person to another, the HIV virus can. With an early diagnosis and effective treatments, most people with HIV will not develop any AIDS-related illnesses and will live a near-normal lifespan. This is one of the reasons that testing and knowing your status is important.

Ice Breaker (Whole Group Activity)

HIV timeline – history and context

- If internet/screen available – show British Film Industry (BFI) HIV/AIDS information video (search HIV tombstone advert on youtube or use link: [\(3\) AIDS: Monolith \(1987\) - YouTube](#))
- Ask group how the video makes them feel?
- Explain that the campaign was from a time when there was not a lot of knowledge about HIV and that there was a lot of fear and stigma surrounding people living with HIV. This saw a lot of people terrified of telling people that they had the infection, and some not wanting to know if they had it for fear of how they would be treated by others.
- Inform the group that the current picture around HIV has never been better – with more and more people knowing their HIV status and being on effective treatment:
- Show Terence Higgins Trust (THT) HIV Treatment Works Better Than Ever video (search It Starts With Me HIV on youtube or use link: [\(3\) HIV Treatment Works Better Than Ever - It Starts With Me - YouTube](#))
- Ask group what differences they see in the two videos – draw out common themes, that the first one is based on fear, the second is around people making positive choices.

5 mins

<p>Main Activity (Small Group Activity)</p> <p>HIV and AIDS definition game</p> <p>Split the whole group into smaller groups and give each group a set of HIV and AIDS definition cards.</p> <p>Ask the group to look through the cards and pick the correct definitions for HIV and AIDS.</p> <p>Ask the groups to feedback – giving the correct answer to each letter, until you have the full definition.</p> <p>How is HIV transmitted?</p> <p>Ask the group to shout out any ways in which HIV can be transmitted from one person to another.</p> <p>Correct answers would be:</p> <ul style="list-style-type: none"> • Vaginal sex • Anal sex • Oral sex • Sharing sex toys • Sharing needles • Pregnancy, childbirth or breastfeeding <p>Explain to the group that HIV lives in blood, semen and vaginal fluids. HIV can be transmitted when one of these fluids from someone with HIV enters someone else's blood.</p> <p>Ask the group for ways that HIV cannot be transmitted. This could include:</p> <ul style="list-style-type: none"> • Shaking hands • Kissing or hugging • Using other people's cutlery or cups • Sharing towels • Toilet seats • Going to swimming pools. <p>Bodily fluids such as urine, sweat or saliva do not contain enough of the virus to infect another person.</p> <p>High risk, low risk, no risk game</p> <p>Following the previous activity – explain that the group will now be asked to consider some common, every day activities and to consider: If a person involved in the activity is HIV+ is there: A high risk that HIV can be transmitted to someone else A low risk that HIV can be transmitted to someone else No risk that HIV can be transmitted to someone else</p>	<p>5 mins for activity</p> <p>5 mins for feedback</p> <p>10 minutes</p> <p>20 mins for activity</p>
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<p>Divide group into 2 or 3 smaller groups and give them a set of age-appropriate risk cards. Explain that each group has 10 minutes to discuss the activities and place them under the heading (High, Low, No Risk) that they feel is most appropriate</p> <ul style="list-style-type: none"> • At end of 10 minutes bring the group together and ask for feedback – where there any they weren't sure about or could see being more risky if other conditions were not in place? • Facilitator to then lay out a set of cards in the correct order (see information sheet <i>Matt to adapt from Reality Check manual</i>) • Close the exercise with feedback and any key observations on the reality of how HIV can and cannot be transmitted 	
<p>Treatment, PrEP, PEP. Prevention – Condom Use (Whole Group Activity)</p> <p>Ask the group to shout out ways that HIV can be prevented (write all responses on flipchart)</p> <p>Explain that there are effective ways of preventing the onward transmission of HIV and that the UK is one of the countries currently meeting the global target of:</p> <p>Over 90% of people knowing their status Over 90% of people being on effective treatment Over 90% of people with HIV having an undetectable viral load</p> <p>To continue this: (consider putting this information on a presentation slide or prepared flipchart)</p> <p>Treatment</p> <p>When someone is diagnosed with HIV they will be given support and treatment (known as combination therapy) to slow down the reproduction of HIV in the bod.</p> <p>Usually 1-4 pills a day, it's important that a person takes the medication as instructed as if not, people might become resistant to that combination of drugs</p> <p>Most people living with HIV and are on effective treatment (98%) have an undetectable viral load and cannot pass the infection on</p> <p>We should not assume it is the responsibility of someone living with the infection to inform us though, or that the person we are having sex with knows their status – so we can all take personal responsibility:</p> <p>Test</p> <ul style="list-style-type: none"> • Anyone who is sexually active and changes partners is advised to have a full STI screen (including HIV and syphilis) at least once a year • Men who have sex with men are advised to have a full STI screen every three months if they are having condomless sex with different partners • Testing is free and confidential and is available in clinics or through some postal kits • The earlier someone knows their status, the quicker they can start treatment and stay healthy and well <p>PeP (post exposure prophylaxis)</p>	<p>10 mins</p>

<ul style="list-style-type: none"> • Can prevent HIV from taking hold if there has been a risk of exposure • Has to be started within 72 hours but is far better to start as soon as possible after exposure • A 28 day course of treatment that must be completed for it to be effective • PeP is available from sexual health services or from A&E at weekends and bank holidays <p>PrEP (post exposure prophylaxis)</p> <ul style="list-style-type: none"> • Like PeP this is an anti-HIV drug that a person can take to reduce the chances of them becoming infected if exposed to HIV. Where PeP is taken after exposure, PrEP is taken BEFORE any exposure might take place# • For most people, taking one tablet a day every day offers protection against HIV • Some people (Cis gendered men) may choose to use PrEP as they need it – this is called event based dosing and involves taking 2 tablets 24-2 hours before sex, then another dose 24 hours after that, and a further dose 24 hours later again (there should be a clear 48 hours since last sex before stopping dosing) • PrEP might not be appropriate for everyone, but some people who might want to consider using it are: <ul style="list-style-type: none"> gay and bisexual men (and other men who have sex with men) trans people who are having sex where there is a higher risk of HIV transmission people who are in a sexual relationship with someone who is HIV+ and has not reached an undetectable viral load • PrEP is available free of charge from sexual health services across the country • PrEP does not protect against any other STI or pregnancy <p>Condom Use Using an internal (fits inside the vagina) or external (fits over the penis) condom correctly is an effective barrier method of preventing STIs (including HIV) and also pregnancies.</p> <p>(In a longer session – facilitator to present a condom use demonstration)</p> <p>Close exercise with any questions</p>	
<p>Signposting To Local Services</p> <p>Facilitator to discuss local service providing HIV information and support:</p> <p>Sexual Health Sheffield Offering free and confidential testing for all sexually transmitted infections including HIV Health Advisor support for anyone who receives a positive diagnosis PEP available for anyone who has been exposed to HIV PrEP for anyone who would be eligible Free condoms</p>	<p>5 mins</p>

Stonegrove

Specialist HIV service in Sheffield providing free and confidential treatment, counselling and support for people living with HIV

HIV Children's Services at Sheffield Children's Hospital

Support for anyone aged under 16 infected with HIV

Advise that more information about all these services is available from the SHS website www.sexualhealthsheffield.nhs.uk or by telephone on 0114 226 8888