



Preventing Infections: HIV, etc.  
Health Lesson for Grades 4 & 5

## *Learning Targets:*

- Know basic information about HIV and AIDS;
- Understand how the immune system works; and
- Know how to avoid getting or spreading an infection.



# Agenda

1. Introduction & Health Education Bill of Rights (5 min)
2. Your Impressive Immune System (10 min)
3. What health care providers and scientists know about HIV and AIDS nowadays (20 min)
4. How to avoid getting or spreading an infection (10 min)
5. Write anonymous questions (5 min)
6. Take home Family Letter

Caitlin Cray  
Health Educator  
WSVSD



- energetic
- enthusiastic
- extroverted
- fun-loving
- impulsive
- sensitive



My sources of strength  
include...

- my family





My places of strength  
include...



Playa Estacahuite



Lake Shasta



Jewett Creek

# Health Education Bill of Rights

**EVERYONE** has

1. The right to be treated with respect
2. The right to protect the privacy of oneself, one's family and friends
3. The right to ask questions without being judged
4. The right to receive medically accurate answers
5. The right to one's beliefs, including the beliefs of one's family, culture and faith

# *Code of Conduct*

We agree...

- To listen and behave respectfully
- To pass if we do not want to speak up or participate
- To ask questions of a trusted adult if we have some
- To not ask or tell personal stories in class
- To let a trusted adult know if someone is harming you.



*Your immune system*

*Working non-stop to protect you*

Immune System (p 41)

How does your immune system work? (5 min)

Watch these later

The Immune System Explained I - Bacteria Infection

Tiny Bombs in your Blood - The Complement System

# *HIV and AIDS Today:*

*What doctors and scientists know*

HIV and Me (10 min)

HIV/AIDS facts (p 40)

HIV and AIDS Today: (5 min)

# *What do you know about infections?*

Name

Preventable?

Curable?




Treatable?

# *How to avoid getting or spreading an infection*

Do

Don't

## Here's what YOU can do to avoid getting an infection

- ★ Wash your hands
  - ★ Cover your cough and sneeze
  - ★ Breathe through your nose
  - ★ Get enough sleep
  - ★ Get fresh air and exercise
  - ★ Drink plenty of water
  - ★ Tell a trusted adult if someone is getting in your space without your permission
-  don't share water bottles or lip balm
  -  don't touch other people's body fluids
  -  don't try risky things that grownups sometimes (sex, drugs, body art)

Here's what YOU can do, with a little help from your family,  
to avoid getting an infection

- ★ Eat lots of fruits and vegetables
- ★ Get vaccinations as recommended



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# Any questions?

Write any questions you have

You don't need to write your name

If you don't have a question, write something  
you learned in today's lesson



## *Sources for medically accurate information*

KNOW Family Letter    English (pp 46-47 )    Spanish (pp 47-48)

HIV and AIDS (for Kids) - Nemours KidsHealth

Teachers Guide Redefine Positive

# Immune System Simulation

(pp 36 -38 & 41 - 45)

Narrator (1-3)

Choreographer (1)

Assistant Choreographers (3)

White blood cells (6)

Skin cells (6)

Mucosal cells (6)

virus (2)

bacteria (2)

rare disease-causing microbes (3)