



HIV/AIDS

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HIV/AIDS

1. Today we will talk about a very serious illness called AIDS. AIDS causes your body to become weak and unable to protect itself against illness.
2. AIDS cannot be cured. So if you have AIDS, when you get another illness, it could kill you.
3. AIDS is caused by a virus called HIV. If you do not get HIV, you will not get AIDS.
4. Now YOU need to answer a question! Try to answer using the buttons on the controller.
5. Can AIDS be cured?
6. Press the up arrow if you think Yes
7. or press the down arrow if you think No
8. Press a button now.
9. That's right. There is no cure for AIDS.

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10. What causes AIDS?

11. No one knows. It just happens,

12. or it is caused by HIV.

13. Press a button now.

14. Yes, AIDS is caused by HIV. If you don't get HIV you can't get AIDS.

15. There are several ways that people can get HIV. These are: during sexual intercourse with a person who has HIV, or by contact with the blood of a person who has HIV

16. or by re-using a needle, syringe or razor blade that has been used by someone who has HIV, or during childbirth, from a mother with HIV to her baby.

17. We will look at each of these in more detail later in the lesson. Now try to answer this question.

18. Can you get HIV from sexual intercourse?

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19. Yes
20. or No.
21. Press a button now.
22. Correct. A person with HIV can pass it to another person during sex.
23. Can you get HIV from the blood of someone who has HIV?
24. Yes
25. or No.
26. Right. You can get HIV from the blood of someone who has HIV, or from needles, syringes or razor blades that have been used by someone who has HIV.
27. Can HIV be passed from a mother to her baby during the birth?

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28. Yes,
29. or No.
30. Well done. If you are pregnant and have HIV you must take special care. Ask for advice at the health clinic.
31. There is one big problem. You can't tell if someone has HIV just by looking at them.
32. People with HIV can LOOK healthy.
33. The only way to tell if someone has HIV is for him or her to have an HIV test at a health clinic or a hospital.
34. Can you tell who has HIV by looking at them?
35. Yes
36. or No.

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37. That's right. You can't tell who has HIV just by looking at them. People with HIV can look healthy.

38. What should you do if you think you might have HIV?

39. Wait to see if you get ill,

40. or go to the health clinic or hospital and have an HIV test?

41. Right. If you think you have HIV, you should have an HIV test. You need to know for sure, in case you pass HIV to other people.

42. Remember, HIV can be passed on during sexual intercourse, by contact with the blood of a person with HIV, by re-using a needle or razor blade that has been used by someone else, or from a mother to her baby during childbirth.

43. It is not possible to get HIV from being near to, or touching someone who has HIV.

44. You cannot get HIV from kissing, hugging or shaking hands. You cannot get HIV from people coughing or sneezing. You cannot get HIV from toilets, or plates, or glasses, or spoons, or clothing.

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45. Can you get HIV by touching someone who has HIV?
46. Yes,
47. or No.
48. Right. You cannot get HIV from touching.
49. Can you get HIV from hugging or kissing someone who has HIV?
50. Yes,
51. or No.
52. That's right. You cannot get HIV from hugging or kissing.
53. Can you get HIV from sharing plates, spoons, glasses, or clothing, with a person who has HIV?

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54. Yes,

55. or No.

56. Good. You cannot get HIV from sharing plates, spoons, glasses or clothing.

57. Here is how to AVOID getting HIV.

58. HIV can be passed on during sexual intercourse, but you can greatly reduce this risk by not having sex.

59. If you are going to have sex with someone, you should use a condom. A condom can stop HIV getting into your body.

60. If you are going to have sex, should you use a condom?

61. Yes,

62. or No

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63. That's right. A condom can stop HIV getting into your body.

64. When you have sex, make sure it is 'safe sex'.

65. Safe Sex means having sex with only one partner and making sure that your partner does not have HIV.

66. If you are not sure, use a condom.

67. What is 'safe sex'?

68. Sex that is very quick,

69. or sex where you protect yourself and your partner against HIV?

70. Yes. Safe sex is sex where you make sure you will not get, or pass on, HIV. If you are not sure, use a condom.

71. To reduce your risk of getting HIV you should only have sex with one partner.

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72. The more people you or your partner have sex with, the greater your risk of getting HIV.
73. Remember, if you have sex, always try to use a condom.
74. If your partner has sex with someone who has HIV, can you get HIV?
75. Yes,
76. or No.
77. That's right. HIV can be passed on during sex, to your partner and then to you.
78. Whenever you use a needle or a syringe it gets blood on it. The blood may contain HIV.
79. If the same needle or syringe is used by another person HIV can go into the other person's body. This can also happen with razor blades if they are used to cut the skin.

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80. The best advice is to use needles and syringes only once, and don't share razor blades. If this is not possible you can kill the HIV by boiling needles, syringes and razor blades in water for as long as possible before someone else uses them.
81. Now, try to answer this question.
82. Can you get HIV by using a needle that has been used by someone else?
83. Yes,
84. or No.
85. That's right. You can get HIV by using needles, syringes or razor blades that have been used by someone else.
86. What is the best advice for using needles and syringes?
87. Wipe them carefully after using them,
88. Or use them only once?

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89. Yes, that's right. Use needles and syringes only once.
90. What should you do if you have to reuse a needle, syringe or razor blade?
91. Boil it in water?
92. or wash it with soap and water?
93. That's right! You can kill the HIV on needles, syringes and razor blades by boiling them in water for as long as possible.
94. It is very important to teach your children that it is dangerous to play with used needles, syringes or razor blades.
95. These items are dangerous and they may also have infected blood on them. This could infect your children with HIV.
96. If children find used needles, syringes or razor blades they should leave them alone and tell an adult. The adult should then safely remove the dangerous item.
97. What should your children do if they find used needles, syringes or razor blades?

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98. Leave them alone and tell an adult about the danger?
99. or pick them up and play with them?
100. Yes. If children find needles, syringes or razor blades they should leave them alone and tell an adult.
101. We also learned that HIV can pass from a mother to her baby during childbirth. The baby can get very ill, and die. A pregnant mother can take a medicine to reduce the risk of passing HIV to her baby.
102. If you are pregnant and think you might have HIV, go to the health clinic or hospital and tell them. This could save your baby's life.
103. Is there a medicine that can stop an unborn baby getting HIV during the birth?
104. Yes,
105. or No.

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106. That's right. If you have HIV and are pregnant, this medicine can save your baby's life.
107. If you have HIV, there is no way to remove it from your body. There is no cure for HIV, or for AIDS. Make sure you do not pass HIV to other people.
108. Remember, 'safe sex'. Some men believe that sex with a young girl or baby will cure HIV. This is not true. The man will not get cured and the girl will probably get HIV too.
109. There is no cure for HIV or AIDS.
110. Is there a cure for HIV or AIDS?
111. Yes
112. or No.
113. That's right, there is no cure for HIV or AIDS.
114. Can a man be cured of HIV or AIDS if he has sex with a young girl or baby?

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115. Yes,
116. or No.
117. You're right. Having sex with a young girl or baby will definitely not cure a man with HIV or AIDS. The man will not be cured and the girl or baby will probably get HIV too.
118. As well as protecting yourself and your partner from HIV and AIDS, it is important to protect your children.
119. Make sure that they know and understand about HIV and how they can avoid it. This will stop more people becoming ill and dying from HIV and AIDS.
120. Protect your children and help stop AIDS.
121. How can you help stop more people getting HIV and AIDS?
122. By telling your children about the risks?
123. or by keeping quiet and not telling anyone?

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124. Yes. Telling your children about the risks will also help them avoid getting HIV and AIDS.
125. That was the wrong answer. Let's go back and listen again.
126. Sorry! Wrong answer.
127. Hello. The title of this lesson is " HIV/AIDS ". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
128. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
129. Correct!
130. "HIV/AIDS"