LEARN ABOUT HIV AND AIDS
An activity book for children in grades 4–5

New York State Department of Health
This booklet is designed to provide children in Grades 4 and 5 with basic information about HIV and AIDS in an entertaining format. The booklet begins with a story, The Super Sleuths, which contains all the information children will need to complete the activities that follow. Instructors, parents, and caregivers are encouraged to read and review the story with children. Students can then do the activities on their own or with help.

For more information on HIV/AIDS instruction, visit the New York State Education Department website at: http://www.emsc.nysed.gov/sss/HIV. For more information on HIV/AIDS, visit the New York State Department of Health website at: http://www.health.state.ny.us/diseases/aids/index.htm.
Mr. Lin! We heard on the news that AIDS makes people really sick. Young people, too. It's kinda scary.

Why don't you two do some research about HIV and AIDS like newspaper reporters?

The Internet is a good place to start. But HIV and AIDS affects people, so I want you to talk with people about it, too.

Internet, here we come!

HIV means Human Im-mew-no-de-fish-en-see (Immunodeficiency) Virus.

Whoa! That's a mouthful of words! What do they mean?

HIV is a virus. That's a germ that hurts your body's "immune system." Your immune system is like a shield inside your body that protects you from getting sick.

Think of HIV like it's an invader that attacks your body. When the invader gets inside your blood, it breaks holes in the shield.

When HIV breaks down the immune system, the shield, you can get very sick. These sicknesses are called AIDS.

To the hospital they go, there's so much more they want to know...

That means Ak-wired Im-mew-no-de-fish-en-see Sin-drome. (Acquired Immunodeficiency Syndrome)
Dr. Rivera, we know that HIV causes AIDS. But how do you get HIV in the first place?

HIV is not like a cold or a flu germ that you can get if someone coughs or sneezes on you.

You can get HIV if the blood of a person with HIV gets into your blood. If someone with HIV puts a needle in their skin, their blood might stay in the needle. If another person puts that same needle in their skin, they may get HIV.

People can also get HIV if they have sex with a person with HIV.

What happens if you touch someone with HIV?

You can’t get HIV by shaking hands with someone or by giving them a hug. That’s called “casual contact.” And you can’t get HIV by sharing food, by drinking from the same water fountain, or from a mosquito or bug bite.

Can you get a shot so that you do not get HIV—or take a pill to make it go away?

Scientists have not found a cure for HIV yet. But there are medicines that people with HIV and AIDS can take to stay healthy and to live longer.

With the science scoop, it’s back to school for the young snoops...

Mrs. Myers
SCHOOL NURSE
How can people make sure they don’t get HIV?

Is that all we have to do to keep safe from HIV?

You have to think clearly to make healthy choices and protect yourself from HIV. Talk to your parents about staying away from alcohol and drugs.

Do not touch needles you may find for any reason. Getting a shot from a doctor or nurse is ok, though.

Do not worry about it. When kids try to get you to take chances, that’s called “peer pressure.” Just be yourself and do not let other kids pressure you to do unhealthy things.

Yeah, but then the “cool” kids will make fun of us for being so safe.

Do not touch blood for any reason. The best way to help someone who is bleeding is to tell a grown-up right away.

Be fair to people with HIV and respect them—just like you respect yourself.

They know healthy choices, now they need more voices...

Mr. Griffin, you work with people who have HIV or AIDS. What are they like?

You cannot tell someone has HIV or AIDS just by looking at them. Anyone can get HIV. It does not matter what country you are from, what color you are, or how old you are.
Back in the school hall, they can’t wait to tell it all...

Mr. Lin! We have the scoop on HIV and AIDS!

Just in time! I changed my plans — our HIV/AIDS lesson is tomorrow. Why don’t you two be the teachers?

Let’s go! We have to write that report!

Mona and Steve can soon relax, once they teach their friends the facts...

It’s easy to protect yourself from HIV if you make healthy choices. Never touch anyone’s blood or needles. Be safe — talk to your parents about staying away from alcohol and drugs.

Protect yourself!

Make healthy choices

It’s safe to be around people with HIV or AIDS. We should treat them with respect just like everyone else.

Those Sleuths — they should teach the class every day!
WORD SCRAMBLE: DECODING THE HIDDEN MESSAGE

Each of the sentences below has a missing word that can be found in the box to the right. Put the missing word in the same number space on Steve and Mona’s notepad. Fill in all the missing words correctly to reveal a hidden message in the red spaces! All the clues you need are in the Super Sleuth’s story.

1. You can get HIV if the [B L O O D] of a person with HIV gets into your blood.

2. There is no [__ __] for HIV or AIDS.

3. Do not let other kids [_________] you to do unhealthy things.

4. Drinking [____ ____] or taking drugs makes it hard to think clearly and protect yourself from HIV.

5. Play it [____] — talk to your parents about staying away from drugs and alcohol.

6. A virus is a [____ ____] that gets into your blood.

7. You cannot get HIV or AIDS through [____ ____] contact.

8. If you [____] yourself, find a grown-up right away.

9. A [____ ____ ____] bite cannot give you HIV.

10. It is easy to [____ ____ ____] yourself from HIV.

11. [____ ____ ____] choices are not drinking and not doing drugs.

12. HIV hurts the body’s [____ ____ ____] system.

13. Don’t be [____ ____ ____] of people with HIV or AIDS.

14. People can get HIV from used [____ ____ ____].
MISSING WORDS

HEALTHY
CURE
MOSQUITO
SAFE
GERM
BLOOD
CUT
CASUAL
NEEDLES
AFRAID
PRESSURE
IMMUNE
ALCOHOL
PROTECT

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 

BLOOD
Steve is looking for healthy choices that make life fun and safe. Find the healthy path to get through the maze.
Help Mona and Steve decide which sentences about HIV and AIDS are true or false. Place a T (true) or an F (false) in the blank spaces next to each sentence.

1. AIDS is caused by a virus called HIV. __

2. You can get a shot (a vaccine) to protect yourself from HIV or AIDS. __

3. There are medicines that people with HIV or AIDS can take to live longer, healthier lives. __

4. You can get HIV by shaking hands with or hugging someone with HIV. __

5. You can get HIV if the blood of a person with HIV gets in your blood. __
6. HIV breaks down the body’s immune system.

7. HIV and AIDS can be spread like a cold or the flu.

8. You can tell if people have HIV or AIDS by looking at them.

9. If a mosquito bites someone with HIV, it can give HIV to the next person it bites.

10. Having sex and sharing needles are the two main ways that people get HIV.
ANSWERS:

Word Scramble (pages 6–7)
1. BLOOD    7. CASUAL
2. CURE     8. CUT
3. PRESSURE 9. MOSQUITO
4. ALCOHOL 10. PROTECT
5. SAFE     11. HEALTHY
6. GERM     12. IMMUNIE
13. AFRAID
14. NEEDLES

Hidden Message:
BE SAFE. STOP AIDS.

Mystery Maze (pages 8–9)

Fact Finder (pages 10–11)
1. T       6. T
2. F       7. F
3. T       8. F
4. F       9. F
5. T       10. T