

HIV and STDs



What to discuss with the learners?

Ask the following questions, see what they answer. Make sure that all the facts mentioned below about HIV, AIDS and STDs are discussed!

- Do you know what HIV is? What about AIDS?
- Can you prevent it? How?
- Do you know what antiretrovirals (ARVs) are?
- If you are HIV-positive can you have sex without a condom if you're having ARV? (No)

HIV & AIDS

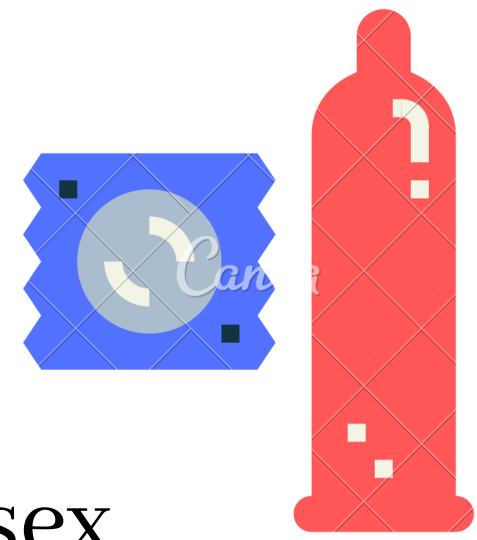
= human immunodeficiency virus

- Is transmitted through unprotected sex (vaginal/anal/oral) and through blood.
- Is NOT transmitted through hugging, kissing, holding hands or using the same toilet.
- Causes a permanent infection that damages the defence system of human body.
- AIDS is the last phase of HIV. In AIDS the defence system is already severely damaged.
- HIV can be treated well with antiretroviral drugs.
- HIV is preventable by using a condom during sex.



STDs

= sexually-transmitted diseases



- Are transmitted through unprotected sex (vaginal/anal/oral).
- Can cause skin symptoms (blisters, wounds). They can also be symptomless!
- Even if you wouldn't have any symptoms you can spread the disease.
- If not treated:
 - can harm your fertility
 - can cause death
- STDs are preventable by using a condom during sex.

Always use a condom during sex!

If you have had unprotected sex you should get tested for HIV and STDs!

If you have symptoms you should see a doctor!

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