

SAMPLE PAGES ONLY - PLEASE DO NOT REPRODUCE

**HIV**

**STORYBOOK**

**SCIENCE,  
RISK FACTORS,  
RELATIONSHIPS,  
& SELF EFFICACY**



## TABLE OF CONTENTS

<b>SCIENCE</b> .....	3	<b>Lesson 6</b>	Technical Application: How would you use SODAS in these scenes? .....	27
<b>Lesson 1</b>		<b>Lesson 7</b>	Story: The Dragon’s Robe .....	29
Practical Intelligence:		Conceptual Questions .....		33
Background Information and Facts .....	3	<b>Lesson 8</b>	Creative Project: A SODAS Play .....	33
Movement for Memory:		What to Remember .....		33
Match the Chart to the Facts Activity .....	9	<b>RELATIONSHIPS</b> .....		34
<b>Lesson 2</b>		<b>Lesson 9</b>	Practical Information. ....	34
Technical Application: Scenes to Role Play .....	18	Movement for Memory:		
<b>Lesson 3</b>		Terms And Matches-What do you know? .....		37
Story: John the True. ....	19	<b>Lesson 10</b>	Story: The White Spider’s Gift. ....	38
Conceptual Questions. ....	23	Conceptual Questions .....		41
<b>Lesson 4</b>		<b>Lesson 11</b>	Creative Project .....	41
Creative Project: Collage Activity .....	23	What to Remember .....		42
What to Remember .....	23			
<b>RISK FACTORS</b> .....	24			
<b>Lesson 5</b>				
Practical Information: Problem Solving Skills. ....	24			
Practical Information: Delaying Tactics .....	24			
Movement and Memory:				
Terms And Matches—What do you know? .....	26			

*continued*

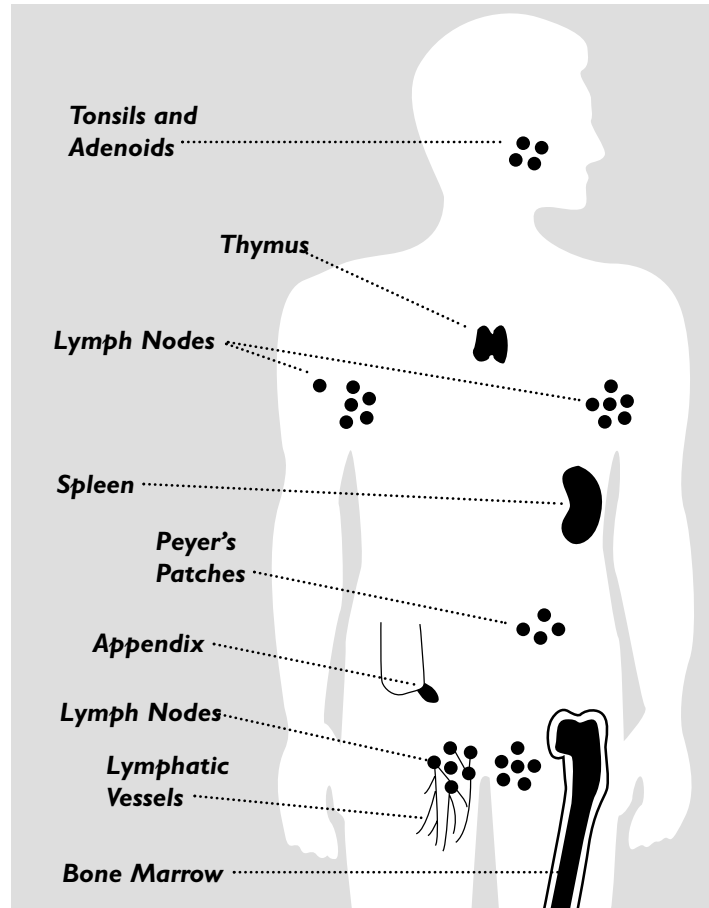
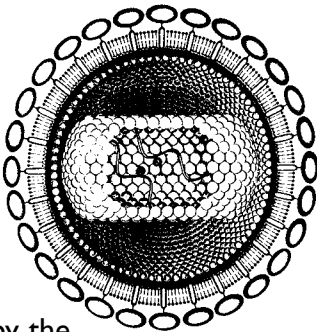
<b>SELF EFFICACY</b> .....	43
<b>Lesson 12</b>	
Practical Information: Sexually Transmitted Diseases .....	43
Practical Information: How to use Condoms .....	47
Movement and Memory: Questions and Matches-What do you know? .....	52
<b>Lesson 13</b>	
Story: Keep on Stepping .....	53
Conceptual Questions .....	55
What to Remember .....	55
<b>Lesson 14-16</b>	
Creative Project: Storytelling Worksheet/ Create Your Own Story .....	56
References: Stories .....	61

**What is the Human Immunodeficiency Virus (HIV)?**

HIV is one type of virus. It is a virus that causes death. The reason that HIV is so deadly is because it attacks our body's immune system, the defense system or "army" inside our body. By physically infecting and destroying our body's army, the virus kills us gradually over time. HIV is different than the virus that causes colds (the rhinovirus), because the cold virus attacks our respiratory system. Our immune system is there to fight it off. You may have noticed that sometimes you do not even catch a cold that is going around in your school or your home, because your immune system is so strong that it killed it very fast. Unfortunately with HIV, which replicates and destroys the immune system, there is no chance that you will not catch it and get sick.

**A picture of HIV**

Here is a picture of HIV. It is a round virus. It is made out of fat, protein, and ribonucleic acid (RNA). The RNA are the two strings inside, surrounded by the protein coat, which is studded with the fat spikes on the outside. It took a high power electron microscope in order to see HIV.

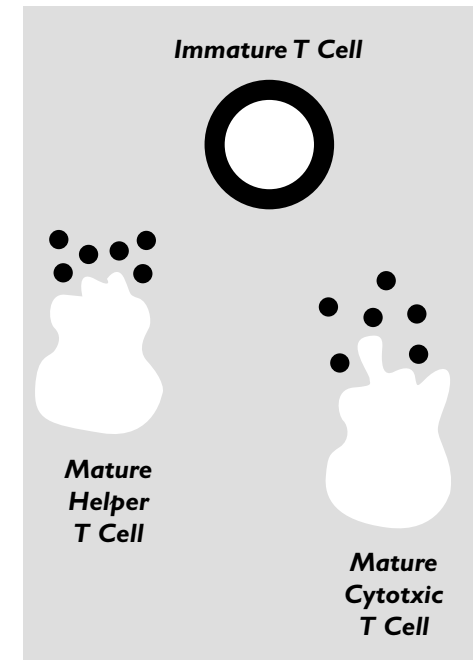


**What is our immune system?**

Our immune system is amazing. It is everywhere in our body. It is in our blood. Above is a picture of the immune system in our body.

These organs in our body all are busy making different parts of our army, or our defenses. Our army is made up of both white blood cells and antibodies (which are proteins). Some of these white blood cells are made in our thymus (T cells) and some of them are made in our bones (B cells).

When they are healthy, these T cells and these B cells destroy any bacteria, yeast, or viruses that happen to get in.



**SODAS** stands for **S**top, **O**ptions, **D**ecide, **A**ct, and **S**elf Praise.

**SODAS:** Problem solving skills to take care of yourself.

**Stop:** take a breath, count to 3. Is this what you want to do?

**Options:** What can you do? You have choices. How can you take care of yourself?

**Decide:** Choose what you want to do. Don't let others decide what is right for you.

**Act:** Act, don't react. Don't be stupid, don't do something to be cool that will hurt you. What do you want to do?

**Self Praise:** If you feel good about your action then tell yourself "Congratulations! I like myself and I made a good decision."

## **PRACTICAL INFORMATION: DELAYING TACTICS**

You can use delaying tactics to give yourself time to respond in a difficult situation. You can also use them to get yourself out of a bad situation when you don't know what else to do.

### **1. Delay Statements**

#### **Things you could say:**

- Its not the right time.
- Not tonight – I don't feel good.

- I don't feel like it now.
- I have to go home now.
- I'm not ready yet.

### **2. Delay Actions**

#### **Things you could do:**

- Go to the restroom.
- Pretend you lost something.
- Drop something.

### **3. Creating Space**

#### **Things you could say or do:**

- "I need to think about this."
- Move to the other side of the room.
- Put your arms in front of your body.

### **4. Ending the Situation Quickly**

#### **Things you could say or do:**

- "I've got to go now."
- Push the other person away.
- "Wow, look at the time."
- Walk away.

### **5. Building the Relationship**

#### **Things you could say:**

- "I really like you and want to be with you but I don't want to try this now."
- "Let's do something else besides have sex."
- "I care about you and don't want to do anything that can hurt you."



## CONCEPTUAL QUESTIONS

Why did Piki want to marry Tukira?

What was Piki willing to do to marry Tukira?

Do you think Piki would want to protect Tukira from getting disease? Why or why not?

Do you think that Piki and Tukira will be monogamous? Why or why not?

Would you be willing to refrain from having sex with someone you love to protect him or her?

Would you be willing to use a condom when having sex with someone you love to protect the person even if you didn't want to?

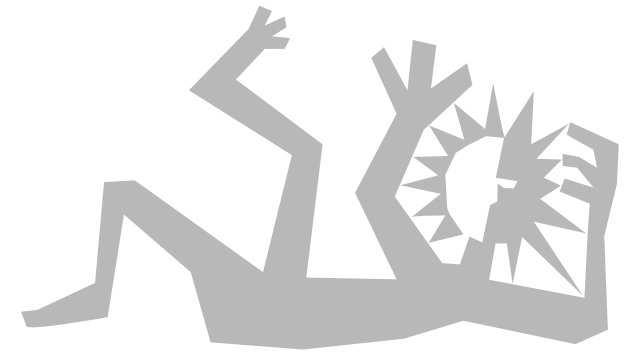
## Creative PROJECT

Write a poem or draw a picture about finding happiness in a relationship.

### HAPPINESS

by Mary Oliver

In the afternoon I watched the she-bear; she was looking for the secret bin of sweetness – honey, that the bees store in the trees' soft caves. Black block of gloom, she climbed down tree after tree and shuffled on through the woods. And then she found it! The honey-house deep as heartwood, and dipped into it among the swarming bees – honey and comb she lipped and tongued and scooped out in her black nails, until maybe she grew full, or sleepy, or maybe a little drunk, and sticky down the rugs of her arms, and began to hum and sway. I saw her let go of the branches, I saw her lift her honeyed muzzle into the leaves, and her thick arms, as though she would fly – an enormous bee all sweetness and wings – down into the meadows, the perfection of honeysuckle and roses and clover – to float and sleep in the sheer nets swaying from flower to flower day after shining day.



## WHAT TO REMEMBER

- Delay sex until you are 18 or ready to marry.
- Sex is best as part of a monogamous relationship to protect against STD's or HIV/AIDS or have a relationship that could support a baby.
- Avoid pregnancy as a teenager since it can have a negative lifetime impact on how much you can earn and your health.