

Lesson Thirteen: HIV – Focus on Barriers

Student Learning Objectives:

The students will be able to...

1. Demonstrate the steps for correct use of a male condom.
2. Describe correct use of a female condom.
3. Describe the purpose of dental dams and how to make one.

Agenda:

1. Explain the lesson's purpose and goal.
2. Review basic HIV information with a forced choice activity.
3. Brainstorm condom benefits.
4. Demonstrate or describe the correct use of male condoms.
5. Reinforce the steps to correct condom use
6. Demonstrate the making of a dental dam out of a male condom and describe their correct use.
7. Describe the correct use of female condoms
8. Summarize the main points of the lesson.

1. Explain the lesson's purpose and goal.

Abstinence is the only 100% way to prevent HIV and other STDs. You remember from Lesson 10 that that the safest sex is no sex at all. Today we're going to talk about making sex safer by using protection. This HIV lesson is going to be mostly about condoms and dental dams. They are called "barriers" because they act as a barrier,

or wall, that stops HIV from getting into the body. This information is meant to be helpful for everyone, whether you need it right now, or not for a while yet, or mostly to help others in your life stay healthy. But let's start with a review of basic information about HIV.

2. Forced choice activity to review basic HIV information.

Agree or Disagree....

1) People can be infected with HIV (the germ that causes AIDS) without actually having AIDS.

AGREE

Most people have HIV for years without developing AIDS. It usually takes a long time for the person's immune system to become so weak that they start getting the illnesses that lead to a diagnosis of AIDS. Or before they have such a low T-cell count that a doctor considers it AIDS. Medicine can help to delay the onset of AIDS in most people who have HIV. The medicine also makes it less likely for HIV to pass to another person.

2) People infected with HIV can pass it to others, even if they don't feel sick.

AGREE

If a person with HIV had unprotected sexual intercourse, or shared their injection drugs, they could pass the virus. They may look and feel perfectly healthy.

3) There is a new cure for HIV.

DISAGREE

Unfortunately, there are no cures for HIV itself, and there is no way to get the virus out of the body. However, there are new medicines to keep the immune system healthier longer, and to prevent or cure

some of the infections that attack people whose immune systems are weakened by HIV.

4) Sex is the most common way HIV is passed from person to person.

AGREE

In the US, most people with HIV caught it through unprotected anal or vaginal sex. Sharing needles to inject drugs is the next most likely way, and mother-to-child is the least common.

5) You can get a shot (a vaccine) to protect you from HIV.

DISAGREE

Researchers are working hard to develop vaccines to protect against HIV, like those we have to protect us from other diseases, such as measles, tetanus, Hepatitis A and B, and some kinds of HPV. But currently, there is no vaccine for HIV.

6) An 18-year old girl had unprotected sex with her boyfriend before she found out he used to shoot drugs. She is now pregnant. She should be concerned that she might have gotten HIV and that her baby could get it from her.

AGREE

She had unprotected sex with a person who was more likely than average to have the virus. If her boyfriend had HIV, she may have caught it. If she did catch HIV, it is best for her to find out immediately because she can take medicine that will greatly reduce the chance of passing HIV to her baby before and during birth. (Without medicine, the baby has about a one in four chance of being born with HIV. In contrast, only one in 50 babies whose mothers have HIV catch it if the mother gets treatment during the pregnancy). Breast milk can also transmit HIV, so if she has HIV, she

will be strongly encouraged to use baby formula and not to breastfeed.

7) A 16-year old couple has been together for six months. They don't have oral, anal or vaginal intercourse, but they do touch one another's genitals and sometimes they have orgasms. They should be worried about the possibility of giving each other HIV.

DISAGREE

This couple had safer sex. Skin is a good barrier against HIV; it does not pass through intact skin.

Since HIV is an STD and people can have HIV for years without having any symptoms, it is especially important to use condoms. People with HIV may not know they have it, or that they are spreading it.

3. Brainstorm.... What are some benefits of using CONDOMS?

Possible Answers...

- reducing risk of HIV and other STDs
- reducing risk of pregnancy; the variety
- the availability
- no side effects
- no prescription needed
- cheap
- easy to use
- enhances responsibility and mutual respect between partners

4. Discuss the effectiveness of condoms & Demonstrate their correct use.

A condom or “rubber” is a thin stretchy cover that is worn over the penis. It can be used during oral, anal, or vaginal intercourse. It greatly lowers the chance of giving or getting an infection.

FACTS:

- Condoms reduce the spread of HIV.
- Latex condoms do NOT allow anything to pass through – not air, water, sperm, bacteria, or viruses, such as HIV.

Information from the Centers for Disease Control (CDC) is based on science.

ACTUAL RESEARCH EXAMPLE:

- There were 124 couples in a research study.
- In each couple, one person had HIV and the other person did not.
- The couples used condoms correctly every time they had sex for two years.
- At the end of the study, no one had passed HIV to their partner.

This study was published in the New England Journal of Medicine, one of the most respected medical journals in the world.

Barriers only work well when used right, and they work BEST when used correctly every time, for vaginal, oral and anal sex. So that’s what we are going to work on next – the correct steps of using a male condom.

5. Condom Line Up...

- Lots of people find that condoms are easy to use with practice.
- First, the person looks at the package to make sure there aren't any holes in it and to check the expiration date.
- Then, they carefully open the package.
- Before having sex, the condom goes on the tip of the erect penis. It should look like a little hat, with the rolled side facing out.
- Then, the person pinches the tip of the condom and unrolls the rest of the condom all the way to the base of the penis. Pinching the tip makes a space to catch the semen when the man ejaculates.

Can you guess what might happen if there wasn't room at the tip?

- Once the condom is on, the couple has sex.
- After sex – before the penis gets soft – the condom is held in place while pulling out.

Why do you think it's important to pull out before the penis gets soft?

- The condom is taken off and thrown away. Condoms can only be used once.
- Some people also like to use lubricant with condoms. Lubricant is a slippery gel. Some people put a little bit inside the condom, or on the outside, or both, depending on what feels better to them. Lubricants that work well with condoms are water-based and made for that purpose. They're usually sold next to condoms. Some of the lubricants that people find at home, like cooking oil and lotion, are oil-based and can weaken the condom, sometimes causing it to break.

- To sum it up, the main steps are to pinch the tip of the condom and roll it down the penis, before having sex. And after sex, to hold the condom onto the penis while pulling out. And that's how condoms are used correctly!

There are lots of different male condoms. They all pass tests and work well. Each brand is slightly different in shape and size to give men options. Drugstores and convenience stores sell them, and many clinics still provide them free of charge. For people allergic to latex, there are also plastic condoms. Animal skin condoms reduce pregnancy risk but don't offer protection from HIV and STDs.

Some drugstores and clinics sell spermicide, a chemical that kills sperm. People sometimes put spermicide inside their vagina or onto a condom. Many experts have stopped recommending spermicide because it can cause irritation and make it easier for HIV to get into a person's body if the other person has it.

6. Dental Dams...

Dental dams are used to cover the vulva or the anus during oral sex. They have to be held – they don't stay in place the way a condom does. They may be available in some drug stores, but a condom can also be cut to form one. Some people use clear non-microwaveable plastic like saran wrap to serve the same purpose.

www.youtube.com/user/NAFAmeriCorpsTeamDC#p/a/u/1/hZv5kLuZrBY

7. Female Condoms...

The female condom is an alternative to the male condom. Just like a male condom fits snugly over a penis, the female condom was made to fit inside a vagina. It is only open on one end, which is where the penis goes in. It can also be used during anal sex with the inner ring removed. The female condom is inserted into the vagina or anus to protect against STDs, HIV and pregnancy. The most important step for using a female condom is to make sure the penis

goes into the condom. Female condoms are more expensive than male condoms. Some drugstores and clinics sell them. Like condoms and dental dams, they can only be used once.

www.youtube.com/watch?v=LRZH5ASO-eM

8. Summarize the lesson.

Let's do a quick review. Remind me, what's the very best way to prevent HIV and other STDs?

And what's the best way to prevent HIV and other STDs, for a person who has vaginal, oral or anal sex?