



ADDITIONAL ACTIVITIES

OPINION POLLS

BREAKING NEWS

QUIZ ONE – Body Fluids

QUIZ TWO – General Knowledge

QUIZ THREE - Condoms

POEMS

- Listen To Her Cries!
- Me, Myself And I
- My Body, The Battlefield
- Havids
- Make It Don't Break It

PROGRAMME EVALUATION

OPINION POLLS

Imagine a line drawn down the middle of the room. At one end is 'agree', at the other is 'disagree'. Somewhere in the middle is 'not sure', and the various points along the line veer towards one opinion or the other.

One person reads out some of the statements below (possibly teacher-led?). In response to each statement, decide where you would choose to stand.

Volunteers explain your choices.

- What facts do you have to make you think this?
- What do others in the group think?

STATEMENTS

- If you have HIV, it's your responsibility to tell everyone you meet.
- The government should issue HIV and AIDS awareness campaigns on a regular basis.
- Children with HIV shouldn't have to tell anyone - they should be able to enjoy their life.
- Monogamy and fidelity are old-fashioned
People with HIV shouldn't be allowed to have children.
- We need better and more sex education
People with HIV shouldn't be allowed to go and live in another country.
- Sex education should include all the facts about HIV and AIDS
An open attitude to sex is responsible for the spread of HIV

This is an excellent way to open up debate around the subject of HIV. You may have other statements to add to the list.

Has your opinion changed after hearing what others have to say? How? Why?

BREAKING NEWS

Materials

- appendices from this resource
- further materials are dependent on the group's choice of activities

Back in the In the 1980s, HIV and AIDS were first becoming more widely known about. The government issued an AIDS awareness campaign which many found scary and shocking. A copy of the leaflet that came through the door of every household in Britain is below. The TV advert was of a similar nature. There was a week of educational programming at peak time. Wholesome family TV presenters were demonstrating condoms on prime time television.

Gradually, it seems, it's all gone quiet again. When did you last read a poster or leaflet about AIDs/HIV? When did you last see or hear a TV or radio advertisement around these subjects?

This activity is based on raising awareness. In the appendices you will find facts, quizzes, poetry, case studies and web links which can all be used as research. What can you do with it?

In groups of three or four, your task is to put together a promotional campaign. This could be in the form of:

- A magazine
- A leaflet
- A radio programme
- A piece of drama
- A web page
- A fact sheet
- Another medium of your choice

You might want to consider:

Audience - who's it aimed at?

Content – what are you going to include in your campaign? For example, what could a magazine contain? (poetry, quiz, story, survey, interviews etc.)

Style – how will you make it appeal to your audience? What's going to make them read/listen/watch?

Research – what will you need to find out?

Roles – who's going to do what?

QUIZ ONE - QUESTIONS
BODY FLUIDS

Which of these bodily fluids can contain HIV virus? Write 'P' for present or 'NP' for not present.

BLOOD

SALIVA

MENSTRUAL BLOOD

TEARS

SEMEN

URINE

VAGINAL FLUID

FAECES (Poo)

BREAST MILK

VOMMIT (Sick)

PRE- CUM

SWEAT

FLUID FROM HEALING CUTS

**QUIZ ONE – ANSWERS
BODY FLUIDS**

BLOOD

Contains the highest concentration of HIV. (Since 1985 all blood donations are checked for HIV) **P**

SALIVA

Does not contain HIV unless blood is present. **NP**

MENSTRUAL BLOOD

Can have a high concentration of the virus **P**

TEARS

Does not contain HIV unless blood is present. **NP**

SEMEN

The fluid that contains sperm and is ejaculated during sexual intercourse. **P**

URINE

Does not contain HIV unless blood is present. **NP**

VAGINAL FLUID

The fluid that naturally lubricates the lining of the vagina. **P**

FAECES (poo)

Does not contain HIV unless blood is present. **NP**

BREAST MILK

Contains high levels of the HIV virus. **P**

VOMIT (sick) Does not contain HIV unless blood is present. **NP**

PRE - CUM

The fluid that may appear on the head of the penis before ejaculation. **P**

SWEAT

Does not contain the HIV virus unless blood is present. **NP**

FLUID FROM HEALING CUTS

e.g. underneath a scab: this may have the HIV virus. **P**

**QUIZ TWO - QUESTIONS
GENERAL KNOWLEDGE**

1 HIV CAN AFFECT

- a) Only Humans
- b) Only Adults
- c) Any animal

**2 YOU CAN PASS ON HIV BY
KISSING SOMEONE WHO IS HIV+**

- a) Yes
- b) No
- c) Don't know

3 PEOPLE WITH HIV

- a) Look ill
- b) Sometimes look ill
- c) Rarely look ill

**4 THERE IS A VACCINE TO
PROTECT PEOPLE FROM
GETTING HIV**

- a) Yes
- b) No
- c) Don't know

**5 CLEANING NEEDLES AND
SYRINGES THAT ARE USED TO
INJECT DRUGS WILL STOP YOU
GETTING HIV**

- a) Yes
- b) No
- c) Don't know

**6 CAN SOME ONE WHO HAS
NEVER HAD SEX HAVE HIV?**

- a) Yes
- b) No
- c) Don't know

**7 HIV IS NO LONGER A SERIOUS
ILLNESS**

- a) False
- b) Don't know
- c) Yes

**8 HIV CAN ONLY BE
TRANSMITTED BY BLOOD-
BLOOD CONTACT**

- a) True
- b) False
- c) Don't know

**9 HIV CAN BE SEXUALLY
TRANSMITTED**

- a) Only between men
- b) only between men and women
- c) Between anyone

**10 NEW MEDICINES CAN CURE
HIV**

- a) True
- b) Don't know
- c) False

**11 All BABIES BORN TO HIV
POSITIVE MOTHERS WILL HAVE
HIV**

- a) Don't know
- b) True
- c) False

**12 SOME PEOPLE ARE IMMUNE
TO HIV**

- a) False
- b) Don't know
- c) True

**QUIZ TWO - ANSWERS
GENERAL KNOWLEDGE**

1 HIV CAN AFFECT:

a) Only humans

HIV is a virus that only affects humans – adults children and babies.

**2 YOU CAN PASS ON HIV BY
KISSING SOMEONE WHO IS HIV+**

b) No

There are no documented cases of HIV transmission through kissing.

3 PEOPLE WITH HIV LOOK ILL

b) Sometimes look ill

People with HIV may not be aware that they are infected and may look perfectly well and healthy – although they may occasionally look unwell just like everyone else.

**4 THERE IS A VACCINE TO
PROTECT PEOPLE FROM
CONTRACTING HIV**

b) No

There is no established and effective vaccine against HIV yet, although clinical trials are under way, but no effective vaccine is expected at present.

**5 CLEANING NEEDLES AND
SYRINGES THAT ARE USED TO
INJECT DRUGS WILL STOP YOU
CONTRACTING HIV.**

b) No

Cleaning syringes and needles does not guarantee removal of all traces of blood. Very small traces may still be present and capable of causing infection. The safest way is to use new needles and syringes. However, cleaning works thoroughly with cold water and thin household bleach is better than not cleaning them at all. Remember other injecting equipment may also carry traces of infected blood for example, filters, spoons, cookers, filters and water.

**6 CAN SOMEONE WHO HAS
NEVER HAD SEX HAVE HIV**

a) Yes

Sexual transmission is only one possible route through which HIV can be transmitted. A person could have acquired HIV from sharing injecting equipment, blood transfusion, tattooing, piercing, snorting drugs, during childbirth or breast-feeding.

**7 HIV IS NO LONGER A
SERIOUS ILLNESS**

a) False

HIV can seriously damage the immune system. The immune system is vital for fighting infections. While HIV treatments can, in most cases limit disease progression, HIV still remains a serious and possibly life threatening disease.

**8 HIV CAN ONLY BE
TRANSMITTED BY BLOOD TO
BLOOD CONTACT**

b) false

While concentrations of HIV are highest in blood, it is also present in other body fluids including semen, vaginal fluid and breast milk and any other body fluid that may have traces of blood present.

**9 HIV CAN BE SEXUALLY
TRANSMITTED**

c) between any one

HIV does not discriminate between gender or sexual orientation- HIV can be transmitted to any one who might be sexually active.

**10 NEW MEDICINES CAN CURE
HIV**

c) False

There is no cure for HIV. HIV treatments can, in most cases, limit disease progression

**11 ALL BABIES BORN TO HIV
POSITIVE MOTHERS WILL HAVE
HIV**

c) False

**12 SOME PEOPLE ARE IMMUNE
TO HIV**

a) False

There are no documented cases of immunity to HIV, a group of African prostitutes were thought to be immune, but this has since been disproved and several of them have now become HIV positive.

**QUIZ THREE - QUESTIONS
CONDOMS**

- 1** Which two things should you check for on a packet of condoms?
- 2** Where should condoms be kept?
- 3** When should a condom be put on?
- 4** How many times can a condom be used?
- 5** Are condoms 100% safe?
- 6** Do novelty condoms, e.g. glow in the dark condoms, protect against sexually transmitted infections and pregnancy.
- 7** What sort of condom is best for oral sex?
- 8** How should you get rid of condoms after you have used them?
- 9** What can you do if the condom splits and there is a risk of
 - a) Pregnancy?
 - b) Infection?
- 10** What is the most common cause of split condoms?

QUIZ THREE - ANSWERS CONDOMS

- 1** You should check the expiry date and a CE kite mark; if the condom has passed the expiry date do not use as this could cause the condom to fail. Use another condom that is within the expiry date. Try and use only condoms, which carry the CE kite mark as this means they have been tested and meet the recommended standards in the UK. Pass a condom round so that every one can see what the kite mark logo looks like.
- 2** Condoms should be kept in a cool dry place, out of direct sunlight as this may cause the condom to perish. If you carry them around get a condom case to protect them from damage. Always check that the condom packet has not been damaged or pierced before use.
- 3** A condom should be put on just before oral or genital contact with another person. Emphasise that men may temporarily lose an erection when putting on a condom. If this happens it will only be short-term and by stimulating each other until they become excited again will bring back the erection, and they can try again. It can be worth stating that we need to make using a condom like getting in a car and putting on a seat belt, everyone does it automatically nowadays without negotiation or force.
- 4** You can use a condom only once, a new condom should be used every time that you engage in penetrative or oral sex, if it is to be used properly.
- 5** No condoms even when used correctly are 100% safe as they are only 98% effective. That means that 2 in every 100 fail for one reason or another. It is also important to point out that if the vagina is not lubricated sufficiently then it is advisable to use a water-based lubricant, which will help prevent condom failure. If engaging in anal sex then water-based lubricants should be used at all times. Do not use baby oil as this will cause the condom to disintegrate.
- 6** Novelty condoms do not carry a CE kite mark and therefore may not be good enough to protect you from infection or unplanned pregnancy, try and use at all times condoms which carry the CE kite Mark.
- 7** For oral sex, condoms come in a range of flavours but are not lubricated but which should suit most tastes. You can also use flavoured dental dams for oral sex as well.
- 8** When you have used a condom, wrap it in a piece of tissue and put it in a bin. Explain that condoms are hard to flush down a toilet and they are not able to break down in the sewage system.
- 9** If the condom splits during vaginal intercourse emergency contraception can be obtained from the family planning clinic, Brook Advisory, Genito urinary medicine clinic, GP surgeries, pharmacies, emergency pills can be taken up to 72 hours after sexual intercourse. You can get checked for sexually transmitted infections at a GUM clinic, or some needle exchanges. It is important to stress to people that not all STI'S will show up immediately, but is worth talking to a health advisor or school nurse.
- 10** The most common cause of a split condom is incorrect application and a lack of lubrication. It is essential that the air in the teat is squeezed out during application and ensure that plenty of water based lubricant is applied where appropriate. A water-based lubricant should be used at all times, such as KY jelly or liquid silk. Oil based lubricants should not be used at any time as these could cause the condom to break down. Do not use baby oil.

POEMS

The following poems, written by young people from a youth group in Blackburn with Darwen, can be used to stimulate further discussion and/or as a catalyst for the production of similar creative work.

LISTEN TO HER CRIES!

Listen to her cries!
Children suffer
children die
The AIDS virus
spreads worldwide.
Don't be afraid
Don't criticise,
instead help
minimise the spread
Please listen to the
children's cry.
As she lays alone
in a hospital bed
waiting to die.
Listen to her cries
Look into her eyes
That she loves,
she cares,
she fears,
and she knows.
Listen to her cries,
and realise that you can't
get AIDS from a hug,
or a kiss;
realise that
she's just a baby,
she shouldn't have to die,
listen to her cries.

Hamza Akhtar

ME, MYSELF AND I

I am a baby which has freshly been born.
God has written my life which he has
drowned.
Now I want to stay here where I belong,
and that's in my mothers arms.
But something isn't right,
I will learn to fight.
As I fall ill, I just need to be purified,
I cry for help and help,
but all I see is my mummy suffering,
I know how she felt.
I could give my life to my mother,
because we both see innocence in
all the people's laughter.
Now what am I meant to do
that I could protect you.
You hold me in your soft warm
arms,
everything seems to be all blind,
this is our destination, let's die
together,
because people and life isn't fair.

Farzana Amir

MY BODY, THE BATTLEFIELD

Standing in the line,
knowing their purpose.
Flying through the air
comes what's going to kill you,
stupidity and pleasure over powering
your defensive shield.
If only they knew they were
coming, maybe we would have
prepared.
Death is upon us now seeking
from now till death, what can
save me, what could save me
Is in the past
Now everyday is a struggle,
since my body the battlefield
Is relived with my enemy now,
sex is part of universal fate,
bringing life and taking life.
No poppies are going to grow
on this battlefield.
Just the souls of my laughing
enemies, roaming this battlefield.
Slowly, very slowly, sometimes
faster and faster my soldiers dying,
and my body becoming the unpaid
for graveyard.

ZAIN-ul-AABIDEEN

HAVIDS

My name is Havids.
I was born in a lab, a test tube
baby you could say.
I presume I was a mistake,
no one could be evil enough
to give birth to me.
A slow painful death,
I'm harsh & horrible, I smile
with your pleasure, I jump in,
not to come out, I'm a murderer,
I live my purpose, I work for death,
I love the sorrow, I love the
suffering but I hate the sympathy,
and the attempt of a cure.
No mercy, I'm now the devil
within your blood.
I'm so arrogant, I make you
crumble, but I will come at you,
and pounce you down till you lie
with horrible expressions.
It's not my fault that you lied
about my background,
you took my heart and
left me as a cast-away, until I
was discovered now everyone's
running scared.
My famous beautiful but satanic
name Havids comes from the
famous pleasurable dose of pain
HIV & AIDS, do you get it?
Or will you get it.

Zain-ul-Aabideen Elahi

MAKE IT DON'T BREAK IT

I know that,
You know that,
We know that,
It kills,
HIV kills,
Am I responsible?
Are you responsible?
We should all be responsible.
We know the myths,
So find the facts,
Or ignorance will kill.
Talk! Talk about it,
Chat about it with
friends and family,
Through texts and the telly,
Protect yourself from this
new enemy,
Promise! Don't break it,
Altogether we'll make it.

Hamza Akhtar

THE VIRUS – A MONOLOGUE

Saliha Patel

SCENE: A podium for a speech

CHARACTER: HIV virus well dressed giving address like a politician.

Everybody's talking about it. So let's talk about it. Everybody thinks they know about it. You think you know about it, but...

(PAUSE)

You're asking who he is. Yes you! I know!

The suspense is killing you, yeah?

(PAUSE)

I'll tell you. I'm it. I'm it; the virus, the deadly virus that has no cure! They'll find it maybe, but I rule now.

Give me body fluids. No green house gases to worry about. I travel in them. Not the gases, but red blood. Blood: transfusion...

Dirty shared needles...mothers' milk...yum yum and semen...slurp!

You're talking about clean works... clean works...? Pfftttt get real! I'm talking of shared items as in drug injections. You know how I like it dirty. I like a blood to blood relationship, person to person. It just can't get any easier!

Plasters! Nah! Let the wounds be open.

Marigolds! The domesticated ones amongst you will know. OK they're gloves. I mean who needs all that! Do it the old VIRUS friendly way. Never, I mean never cover open wounds, dispose off needles, what a waste. You ain't got time or resources for all that. Don't just think of protection or prevention.

Ooo, she wails! She can feel the baby, and no sooner will she feel me. The mother has already given me asylum. How can I describe the joy of swimming in her blood stream? I want to take over the whole human race and I can count on their help. Most of them are mindless zombies. Why do they feel bad? The world is a bad place and I can show them a quick exit. You must not defy me. Count yourself fortunate.

You'll rest in peace perhaps, but me I've plenty to do yet.

Wish me well!

(Evil laugh as the virus walks away from the podium.)

November 2007

Tauseef Anwar played the virus at Blackburn Cathedral where it was premiered.