



Assembly: Act Aware 2011

Quiz: 'HIV in the UK: Are you HIV aware?'

Introduction

The number of people with HIV has more than trebled since 1999, while new diagnoses have increased by around 50%. Despite this, surveys have shown a decline in public knowledge around HIV in the same period. In 2010, a research study found that only 30% of adults can correctly identify, from a list of possible routes, all the ways HIV can and cannot be transmitted. This quiz will test the HIV knowledge of pupils, informing them of the basic facts around the disease and challenging popular myths and stereotypes.

A theatrical or fun tone to the quiz is encouraged – although HIV is a serious topic the assembly does not need to be too grave or dry, and some humour may enhance the learning process. Likewise, music at the start or end of the quiz could lighten the tone.

This quiz is appropriate for Key Stage 4 pupils (ages 14-16). The questions listed below are just ideas and it is up to individual school leaders if they wish to omit certain questions based on what they think is age appropriate – the questions are left unnumbered on the slides for this reason. However, NAT believes they cover the crucial areas of HIV education. They are also accompanied by clear explanations of the right answer which should be given in full if the question is asked.

Time: 20-25 minutes

Resources

- Projector
- Computer with internet connection
- Clipboard, pen and paper for each team
- NAT slides
- NAT's 'HIV Facts & Myths', 'HIV: Reality – Leah' and 'Whispers' videos (optional). Available: www.youtube.com/user/NationalAIDSTrust

Ideas for format

Teams

- A. Split the entire assembly into groups of 15-20 maximum (with one person the captain of each team)

OR,

- B. Form two teams of 5 (with one captain for each team), with audience participation ensured through 'Ask the audience' feature. A further idea might be to have one team of teachers v. one team of students.

Prize:

- Chocolates or vouchers etc and,
- NAT ribbon for winning team (donation box at the exit for anyone else wanting one)

Recommended process:

- Hand out paper and pen to each team
- Explain the context:

What is HIV?

HIV is a virus that attacks the body's immune system-the body's defence against diseases. There is currently no cure for HIV, but there are treatments.

The difference between HIV and AIDS

When someone is described as *living with HIV*, they have the HIV virus in their body. A person is considered to have developed AIDS when the immune system is so weak it can no longer fight off a range of diseases with which it would normally cope.

World AIDS Day (if applicable)

HIV not just a 'foreign problem' or something that happens in Africa – it affects the UK too, along with every other country in the world. That's why, twenty three years ago, a summit of health ministers realised that a united global effort was required to halt the spread of HIV. As a result, World AIDS Day emerged as the first international health day in December 1988.

World AIDS Day is marked on the 1st December every year. It's aim is to bring to people's attention the worldwide consequences of the epidemic as well as the challenges the world face to prevent the spread of HIV, and in improving the lives of people living with the virus.

But public knowledge of HIV is poor... An opinion poll in 2010 found that only 30% of adults can correctly identify, from a list of possible routes, all the ways HIV can and cannot be transmitted. This quiz will test the HIV knowledge of pupils, to see if they what they know about HIV.

- Starting the quiz, read out questions one-by-one in line with slides: 25 seconds per question for discussion among teams before pens down, 5 seconds per question on 'quickfire' true or false round
- If the quiz is conducted in format B (see above), 'Ask the audience' feature can be used a limited number of times (perhaps 2 or 3) by each team: a

simple show of hands from the audience as to what they think the right answer is.

- At the end, collect the answer cards from the teams.
- Go through each question again, explaining the right answer with relevant facts and information [see below for explanations for each question]. This should take around 10 minutes.
- Announce the winners and award prizes.
- As follow up, direct pupils to NAT's website, 'HIVAware.org.uk' or the official World AIDS Day website.

Quiz Questions [see PowerPoint for full question slides]

HIV transmission (2 minutes)

Question 1 – Which of these is a route of HIV transmission?

- A. Holding hands
- B. Having sex without a condom
- C. Kissing
- D. Biting

Answer: (B). Unprotected sex is by far the most common route of transmission (around 95% of all HIV cases), and the only route of transmission of those listed above. A, C and D are incorrect; you cannot get HIV through holding hands or kissing someone with HIV – in fact, you cannot get HIV from everyday interaction.

Question 2 – Through which of these routes do people become infected with HIV?

- A. Sharing a toothbrush with someone living with HIV
- B. Helping with HIV if they cut their finger
- C. When someone who uses drugs by injecting with a needle shares a needle that has recently been used by someone else who has HIV.
- D. None of the above

Answer: (C). Some people who inject drugs share needles, syringes and other injecting equipment and have caught HIV in this way. The first person using the syringe leaves a tiny bit of infected blood in the syringe and when the next person uses the syringe this blood goes into them. Around 2% of all people with HIV contracted the virus through this way. There are needle exchange schemes across the country where people who inject heroin can get clean needles to prevent the spread of HIV infection. These have been very successful in England. Having an injection at the doctor's or in hospital is not a problem because a new syringe is used for each injection. Also syringes can be sterilised to clean them and kill off any infection in them.

The other options are incorrect. *You don't get HIV from everyday interaction!*

Question 3 – Through which of these routes could someone become infected with HIV?

- A. Sitting on a toilet seat after someone with HIV has sat on it
- B. If someone with HIV scratches you

- C. If someone with HIV spits at you
- D. None of the above

Answer: (D) – None. You cannot get HIV from everyday interaction!

Living with HIV (2 minutes)

Question 4 – Which of these groups were most diagnosed with HIV in 2010 in the UK?

- A. Hetrosexual men and women
- B. Gay and bisexual men
- C. Children under 15
- D. Other

Answer: (A). The largest group of new HIV diagnosis is now among hetrosexual men and women. In 2010 50% of newly diagnosed individuals were heterosexual men and women, compared to 45% of gay and bisexual men. Gay and bisexual men and African men and women remain the most at risk groups, statistically. A high proportion of African men and women acquired their infection outside the UK.

However, *HIV can affect anyone* – gay or straight, male or female, white, asian or black - and it does. In 2010 nearly 25% of people diagnosed in the UK with HIV were neither gay/bisexual or Black African. So even though gay and bisexual men, as well as African men and women, are most at risk, it is not a 'gay' or 'African' disease. It's important not to make assumptions or to discriminate.

Question 5- Which of these statements is correct?

- A. If someone gets HIV in the UK they will die within the same year
- B. If someone gets HIV in the UK they will probably die within three years
- C. If someone gets HIV in the UK, in the right circumstance they can live a long and healthy life
- D. None of the above

Answer: (C). Many people who have HIV live happy and healthy lives for many years after they first get it, particularly if they find out they have HIV soon after contracting it and they take medicines regularly. HIV is a serious long-term condition with no cure, but it is no longer necessarily equals death. There is now very effective treatment for HIV, known as 'Antiretroviral Therapy' (ART).

Question 6 – There are now an around 100,000 people living with HIV in the UK. But how many of them don't know it?

- A. 26%
- B. 53%
- C. 8%
- D. None – it's impossible to not know you have HIV

Answer: (A). It's estimated that as of 2010 around 26% of those with HIV don't know they have it – that's around a quarter. This highlights the importance of increasing testing among the adult population, particularly gay men and Black Africans.

Question 7 – Which of these are common symptoms among those recently infected with HIV?

- A. Coughing and sweating
- B. Weight loss and vomiting
- C. Sore throat, rash and fever
- D. There are no symptoms of recent HIV infection

Answer: (C). Many people believe there are no symptoms of recent HIV, but there are. The most common symptoms to occur after HIV infection are a combination of sore throat, rash and fever found together – these appear in 70-90% of people recently infected with HIV. This early stage (usually within six months of infection), known as ‘primary infection’ is when an individual with HIV is at their most contagious – they are more likely to pass it on if they have unprotected sex, for example, than at later stages of the illness. That’s why it’s so important to be aware, be able to spot symptoms early on and get tested if you do, especially if you think you’ve recently put yourself at risk.

Children, young people and HIV (2 minutes)

Question 8 – Roughly how many children and young people have HIV in the UK?

- A. 1,000
- B. 10,000
- C. 100
- D. None – children and young people can’t get HIV.

Answer: (A). At least 1,000 children and young people in the UK have HIV. Sometimes children affected by HIV face discrimination at school, including exclusions, breaches of confidentiality and less favourable treatment. If their status is made public, they also face bullying or being ignored or teased by other children. All such discrimination is a consequence not understanding the facts about HIV. Having a child living with HIV in school poses no risk to staff or pupils.

Question 9 – Which of these statements is correct?

- A. If a pregnant woman has HIV she will definitely pass it on to her child
- B. There is a big chance that a pregnant woman with HIV will pass the infection on to her child
- C. There is an extremely small chance that a pregnant woman with HIV will pass the infection on to her child
- D. There is no chance at all that a pregnant woman with HIV will pass the infection on to her child

Answer: (C). Mother-to-child HIV transmission can happen, but rates in the UK are very low. Overall there have been a very low number of mother-to-child HIV transmission cases since the HIV epidemic began in the 1980s. This is because antenatal testing, treatment to block transmission, avoiding breastfeeding, and planned Caesarean delivery have all dramatically reduced the number of new cases diagnosed. Using all these methods, the chances of a woman with HIV having a healthy baby have increased dramatically and are now about 99%.

Question 10 – Approximately how many children and young people are there in the UK **affected** by HIV? (i.e including those in households where someone has HIV)

- A. 55,000
- B. 20,000
- C. 6,000
- D. 14,000

Answer: (B) Around 20,000 children and young people are affected by HIV – including those who have one or more HIV positive members of their household. Many of these young people can face discrimination in the same way as those who have HIV do – often because people assume they have the disease if a member of their household does, or for other reasons. [Optional: play NAT's video 'HIV: Reality – Leah']

Quickfire round: True or false (1 minute)

True or false? Nowadays, if a pregnant woman with HIV in the UK receives the right treatment, the chance of passing HIV on to her baby is only 20%.

Answer: **False**. The rate is far lower than 20% - it is actually less than 1%.

True or false? If you think you might have exposed yourself to HIV, you have to wait 3 months before you have a test.

Answer: **False**. New tests now available can detect HIV a month after infection. In any case, if you think you've exposed yourself to the risk of HIV, you should *never* wait before visiting the GP or sexual health clinic.

True or false? You can get HIV tests which give you the results after 20 minutes.

Answer: **True**. You no longer necessarily have to wait days or weeks to get the result of an HIV test, or even have a blood sample taken with a needle. Some tests will take a sample using a fingerprick and give you the results back in 20 minutes. Someone taking a test should always discuss their personal circumstance and risk with the professional giving the test before, though.

True or false? Since the start of the HIV epidemic in the UK, around 20,000 HIV infected people have died.

Answer: **True**. Up to the end of 2009, 109,293 people in the UK had been diagnosed with HIV, 26,063 had been diagnosed with AIDS and 19,210 HIV-diagnosed individuals had died. Thanks to very effective treatment (known as 'antiretroviral therapy'), people with HIV are living far longer and deaths among those with HIV – as well as AIDS diagnoses – have long been in decline. In particular, being diagnosed early is key to giving someone with HIV the best chance of living the longest and most healthy life possible.

True or false? If someone has HIV, they have a legal duty to let the people they go to school or work that they have it.

Answer: **False**. There is no obligation for someone with HIV to make anyone they work or go to school with aware of their status, because, remember, there is no risk of HIV transmission through everyday interaction! In fact, if a school or employer shares somebody's HIV status without their permission, they could be breaking the law.

Links:

'HIV Facts & Myths' - NAT

<http://www.youtube.com/user/NationalAIDSTrust#p/u/15/3PUF5XSph7Q>

'HIV: Reality – Leah' – NAT

<http://www.youtube.com/user/NationalAIDSTrust#p/u/25/vw-WiDoIGAU>

'Whispers' - NAT

<http://www.youtube.com/user/NationalAIDSTrust#p/u/30/vI12Y9Lid0>

HIV Aware www.HIVAware.org.uk

National AIDS Trust www.NAT.org.uk

World AIDS Day www.worldAIDSday.org

Terrence Higgins Trust www.tht.org.uk

Positively UK www.positivelyUK.org

UNAIDS www.UNAIDS.com