

INTRODUCTION

We hope this pack will provide teachers and other educators with the tools to:

- Engage students in an exciting and informed discussion about HIV
- Enable them to understand the need for empathy and understanding towards people living with HIV
- Help them get involved in the fight to eliminate HIV.

HIV IN THE UK: THE REALITY

There are around 100,000 people living with HIV in the UK today. Effective treatment now means people living with HIV in the UK can have a normal life expectancy and **they can't pass the virus on.**

However, HIV remains a serious issue. Many people still don't know how to protect themselves and others from HIV. And people living with HIV continue to experience stigma & discrimination.

The **2015 UK Stigma Survey** found that, while two-thirds of 1,576 participants felt positive about their life and in control of their health, in the past year around half had felt shame, guilt or self-blame in relation to their HIV status and one in five had felt suicidal.

1 in 8 people living with HIV in the UK are unaware of their HIV status, which poses considerable risks to their own health and increases the risk of passing HIV on to others.

In an **Ipsos MORI survey** of attitudes and knowledge on HIV amongst the general public, only 45% could identify all the correct routes of HIV transmission without misidentifying any incorrect routes and 7% were unable to identify any of the correct routes of HIV transmission.

Improved awareness of the realities of living with HIV today and how the virus is and is not transmitted are vital to reduce stigma, ensure people living with HIV are treated fairly and with respect, and prevent people from acquiring HIV.

WHY SHOULD SCHOOLS TEACH ABOUT HIV?

Schools are in a unique position to shape the next generation's response to HIV. It is important that schools provide comprehensive relationships and sex education (RSE) so that young people have the knowledge and confidence to make informed decisions that support their health and wellbeing. But schools



This pack complements **DO...**, an RSE resource to which NAT is a partner. This provides guidance and resources for delivering a comprehensive and high quality RSE programme in your school. The activities within this pack can be used within, in addition to or independently of the DO... lessons.



can also help to prevent HIV stigma and discrimination. Schools should recognise and proactively challenge HIV prejudice.

HIV is a health inequality which disproportionately affects already marginalised groups in the UK. HIV stigma intersects with other important issues, including racism, homophobia, and women's rights. Learning about HIV can and should go beyond the scientific facts. It is a topic that can frame and introduce other useful and challenging discussions amongst young people in the safe environment of the classroom.

HOW CAN THIS PACK HELP ME?

This pack provides:

- Guidance for school leaders, PSHE coordinators and teachers on HIV
- A series of lesson plans aimed at KS3-4 students, including projects, games and quizzes (these can be taught as stand-alone lessons or as a series of lessons on HIV)
- Activities designed to supplement current RSE and PSHE programmes of study.