



World AIDS Day 2018 Assembly – Speaker's notes

HIV in the UK

NAT (National AIDS Trust) is the UK's HIV policy and campaigning charity. Each year we produce a new school assembly for World AIDS Day (WAD) which aims to inform young people about HIV. This year's assembly covers the history of HIV, key facts about HIV today and how students can get involved this WAD.

We have also produced a timeline of HIV that can be used alongside the assembly, which will help pupils better understand the development of the HIV epidemic and be aware of key milestones over the past decades. You may want to print and display the timeline at your school for WAD or encourage form tutors to go through the timeline during a PSHE lesson, for example. You can access the timeline at <http://www.nat.org.uk/teachers-resources>

For more information on HIV and suggested fundraising activities for your pupils please visit www.nat.org.uk and www.worldaidsday.org

Assembly Learning outcomes:

- To understand the history of the HIV epidemic
- To learn key facts about HIV and challenge misinformation
- To take action this World AIDS Day to end stigma and discrimination against people living with HIV.

Age Group

This assembly is appropriate for key stage 3-4 pupils (aged 11-16).

What you will need

- Projector and laptop
- NAT 2018 assembly slides

Section 1: Understanding HIV

Speaker's notes

The aim of slides 3-5 are to give a brief introduction to World AIDS Day and HIV. If you have time you may wish to make the presentation more interactive by asking students the questions in the headings (What is WAD? What is HIV? How many people are living with HIV?) before revealing the answers on the slides.

We do not talk in great detail about HIV transmission and safer sex in the assembly – but this is important and should be covered in the sex and relationships education curriculum. For more information about HIV transmission and safer sex, visit [our website](#).

Slide 3: What is World AIDS Day?

World AIDS Day (WAD) is held every year on 1st December to raise awareness about HIV. It is a day to show support for people living with HIV, remember those who have lost their lives because of HIV, and learn the facts and realities of HIV today, in the UK and worldwide.

Slide 4: What is HIV?

HIV is a virus that attacks the body's immune system. It stands for Human Immunodeficiency Virus (HIV).

AIDS stands for Acquired Immune Deficiency Syndrome and can develop when HIV damages the immune system to such an extent that it can no longer fight off a range of infections it would normally cope with.

Slide 5: How many people are living with HIV?

Around 101,200 people are living with HIV in the UK.

Of these, 1 in 8 people do not know they have the virus.

2 in 5 adults were diagnosed with HIV at a late stage. Late diagnosis can cause complications and even shorten your life expectancy.

36.7 million people across the world are living with HIV. In some countries, people can struggle to access testing or treatment.

Section 2: The History of HIV

Speaker's notes

The aim of slides 6-8 is to enable students to understand how living with HIV has changed from when people were first diagnosed up until today.

You could ask the students if they can guess when an event took place before revealing the year. Some students may be surprised by how recently some of these events took place.

Slide 6: The History of HIV

- **1981** – First case of AIDS was reported in the UK

Further info: *AIDS was first identified in the USA the year before. At the time, doctors did not know that AIDS was caused by HIV.*

- **1987** – Protests are held across the USA in response to the high costs of treatment

Further info: *In 1987, the first drug approved as treatment for HIV was called AZT. It helped to reduce death rates but it was unpredictable and caused severe side effects. In the US, where treatment is not free, it was too expensive for many people.*

Slide 7: The History of HIV

- **1991** – World AIDS Day is created and takes place on December 1st

Further info: *UNAIDS created World AIDS Day to raise awareness about HIV and reduce stigma. In the same year, activists adopted the red ribbon as a universal symbol of solidarity with people living with HIV.*

- **1996** – New drugs are developed to treat HIV. Deaths fall dramatically.

Further info: *The new drugs created at the end of the 1990s marked a key shift in the epidemic; HIV is no longer a fatal condition, and people can live longer, healthier lives thanks to treatment.*

Slide 8: The History of HIV

- **2005** – The Disability Discrimination Act is passed and gives legal protection against discrimination for people living with HIV

Further info: *The DDA has since been replaced by the Equality Act in 2010. People living with HIV are protected from discrimination by law as soon as they are diagnosed.*

- **2007** – 33 million people around the world are living with HIV

Further info: *Almost two thirds of these people are living in African countries, but HIV remains a persistent issue across the world – and increasingly in Eastern Europe*

Slide 9: The History of HIV

- **2011** – Trial shows that a person living with HIV who is responding well to treatment will not pass on HIV during unprotected sex

Further info: *The HPTN-052 study was the first trial to evidence that if a person living with HIV has an undetectable viral load (i.e. HIV treatment has suppressed the virus in their body) then they can't pass HIV on during sex. These findings have been supported by another large-scale study called the PARTNER study.*

- **2017** – For the first time, UK clinics report a large drop in new cases of HIV. The success is put down to increases in testing and treatment, and the use of a new prevention pill called PrEP.

Further info: *This is a very exciting time for the UK. It shows that we have the tools to end HIV, but it's important that services receive the funding and political support they need to continue their good work.*

Section 3: Learning the key facts about HIV

Speaker's notes

The aims of slides 9-15 are to make pupils aware of key facts about HIV which may challenge their own assumptions. There are a lot of people who are uninformed about HIV and believing the wrong information can contribute to stigma and discrimination – which are key issues relating to HIV today.

Slide 9: Key Facts about HIV

The following are some of the key facts about HIV. Knowing this information will help you challenge stigma and discrimination against people living with HIV.

How many of these key facts did you know before today?

Top tip

To make this part of the presentation more interactive you could ask pupils to raise their hands to show if they knew any of the key facts about HIV before the presentation.

Slide 10: Key fact 1: People living with HIV can live long and healthy lives

- There isn't a cure for HIV but treatment is so advanced that it can now be managed very well.
- If you are diagnosed in good time and take your medication as prescribed, your life expectancy can be just the same as anyone else.

Slide 11: Key fact 2: HIV cannot be passed on through day-to-day contact

- HIV is passed on through sex without a condom or through sharing needles or injecting equipment with someone who has detectable levels of HIV.
- If someone living with HIV responding well to treatment and has an undetectable viral load – they cannot pass the virus on.
- HIV is often passed on when people who don't know they have it, which is why testing is so important.
- There is no risk of contracting HIV through day-to-day contact, touching and kissing.

Top tip

*Other examples of things you **can't** get HIV from include biting, spitting, sharing cutlery, lorry seats or sharing tooth brushes.*

Slide 12: Key fact 3: If you've been at risk of HIV, you can get treatment to prevent yourself from being infected

- If you know you've been at risk of getting HIV you can take Post Exposure Prophylaxis (PEP).
- You must start taking PEP **within 72 hours** of being exposed to HIV. PEP involves taking HIV medication for 4 weeks in total.

- If you think you have been at risk of HIV infection, you should get a free and confidential HIV test and/or request PEP at your local sexual health clinic or A&E.

Slide 13: Key fact 4: Anyone can get HIV

- Anyone who has sex without a condom or shares needles and equipment when injecting drugs is at risk of HIV.
- As a group, gay and bisexual men are disproportionately affected by HIV. But, there are more heterosexual people living with diagnosed HIV in the UK (40,842) compared with men who have sex with men (38,434).

Slide 14: Key fact 5: If you or your partner has HIV, you can still have a baby

- If someone living with HIV decides to have a baby they can take steps to ensure HIV is not passed on to a partner when trying to conceive (if one of the partners is HIV negative).
- If someone living with HIV is pregnant they can take medication to prevent HIV being passed on to the baby.
- In the UK today there is less than a 0.5% chance of HIV being passed to an infant if the right steps are taken.

Slide 15: Key fact 6: There is a new pill that prevents you from getting HIV

- Pre-Exposure Prophylaxis (PrEP) is a pill that you can take daily to protect yourself from HIV
- The NHS is currently running a medical trial of PrEP which means 13,000 people, over three years, at risk of acquiring HIV can access it freely via their sexual health clinic
- By the end of 2017, PrEP will be available for free on the NHS to those who need it most in Scotland, England and Wales.

Section 4: What can you do?

Speaker's notes

NAT's World AIDS Day campaign for 2018 is 'Rock the Ribbon' and we want to give young people the opportunity to contribute to reducing HIV stigma whilst wearing their ribbon with pride. We hope you will actively encourage pupils to do more to understand HIV, raise awareness and raise money for World AIDS Day.

Slide 16: World AIDS Day 2018: Rock the Ribbon

The 2018 World AIDS Day campaign is 'Rock the Ribbon'. We are encouraging everybody to wear their red ribbon with pride, show support for people living with HIV and tackle the life-changing stigma and discrimination that people can face.

Slide 17: What can you do?

In this assembly, you have learnt the history of HIV and key facts about HIV in the UK. If you're feeling inspired by the 'Rock the Ribbon' campaign, there are things you can do to help support World AIDS Day:

1. Wear a red ribbon on World AIDS Day

The red ribbon acts as a sign of solidarity with people living with HIV and as a sign of remembrance for those who have died.

Top tip

If you order ribbons from us in advance, you could ask students if they would like to purchase a ribbon as they leave the assembly or during their lunch break. You can order red ribbons for free [here](#).

2. Challenge HIV stigma with the key facts you've learned today

If you hear someone saying stigmatising things about HIV, challenge them yourselves or tell an adult.

Slide 18: What can you do?

3. Keep yourself and others informed about HIV

Tell your friends and parents about this assembly and what you have learned. You can learn more HIV facts at www.nat.org.uk

4. Treat people living with HIV with respect

If someone tells you they have HIV, don't tell anyone else without their permission. Be supportive, respect their confidentiality and treat them like you would treat anyone else.

Slide 19: What can you do?

5. Become an HIV Activist

You can sign up to become an HIV Activist and get involved in campaigns at:
<http://www.nat.org.uk/we-need-you/get-involved/hiv-activists>

6. Organise a fundraiser for an HIV organisation

Organise an event at your school or in your community to raise much-needed funds for HIV organisations in your local area or national organisations like NAT. We've got a list of great ideas for fundraising events at <http://www.worldaidsday.org/fundraising>

Slide 20: Summary

These are the key messages we would like students to take away from this assembly.

- HIV is a virus that attacks the body's immune system. It is not the same as AIDS.
- In the UK, HIV is most commonly passed on through unprotected sex when someone doesn't know they have HIV.
- With effective medication, people living with HIV can't pass on the virus and can live as long as anyone else.
- You can support World AIDS day by wearing a red ribbon, keeping yourself and others informed about HIV and treating people living with HIV with respect.

Remember: There may be pupils at your school living with HIV through mother-to-child transmission or who have a family member living with HIV. Please treat the topics covered in the assembly sensitively. If you require further information you can find out more at www.nat.org.uk. For more information about the work of NAT please visit our website or email info@nat.org.uk with your enquiries.

Feedback: Thank you for choosing to use NAT's WAD assembly – we would greatly appreciate any feedback you are able to give via our quick [online survey](#) or by emailing info@nat.org.uk.

Did your school use the assembly? Let us know via your school's twitter account by mentioning @NAT_AIDS_Trust

ADDITIONAL RESOURCES

Our brand new schools pack will be launched on World AIDS Day 2018. Packed with teaching guidance, lesson plans and classroom materials, the pack will provide you with all you need to teach about HIV for key stages 3 and 4. And it's completely free! Request a copy by emailing info@nat.org.uk or keep an eye on [our website](#) to download it yourself.

You can also download our WAD 2018 and Key HIV Facts posters from the [World AIDS Day website](#) for displaying in your classroom.