

Don't Let HIV Be Your Endgame: Level 2, Person to Person

Transcript for Audio

Slide 1: *Don't Let HIV Be Your Endgame: Level 2, Person to Person*

- **Welcome to *Don't Let HIV Be Your Endgame: Level 2, Person to Person*.**
- **This training is the second level of a three-level free Oklahoma State Department of Health (OSDH) online HIV prevention education series for Oklahoma middle school and high school students.**
- **The titles of the three levels of this series:**
 - ***Level 1, The Virus.***
 - ***Level 2, Person to Person.***
 - ***Level 3, Testing and Treatment.***

Slide 2: Tutorial

- **Now that you know about stealth HIV, you need risk and transmission information to champion against this virus.**
- **I'm glad you've joined me to battle HIV.**
- **This course is narrated and the Tutorial is located in the Transcript.**
- **Select my image on this slide to open to the Transcript for a free download.**
- **On all other slides, select the Script button in the top right bar to return to this slide to select my image on this slide to open to the Transcript for a free download.**
- **Remember: What's your HIV endgame? You have a choice.**

Slide 3: Course Navigation

- **View the buttons to select:**
 - **The top bar includes navigation buttons.**
 - **The bottom bar includes six action buttons.**

Slide 4: Course Menu

- **Selecting any button on this Course Menu moves you throughout the presentation.**

Slide 5: Course Content

- **In this level, you will cover content:**
 - **HIV spread from person to person.**
 - **Body fluids involved.**
 - **You can reduce your risks.**

Slide 6: Course Objectives

- **For the *2nd Level, Person to Person*, objectives provide you the game plan:**
 - **Identify your enemy, HIV, and prevent its spread.**
 - **List possible positive HIV body fluids that transmit HIV.**
 - **Explain ways to reduce your risk of HIV exposure and win the endgame.**

Slide 7: How HIV Spreads

- **You begin by discovering how HIV spreads from person to person.**

Slide 8: How is HIV Spread?

- **It spreads in several ways:**
 - 1. Through mucous membranes during unprotected sex. Mucous membranes are soft, moist areas just inside the openings to your body.**
 - 2. From Mother's blood to child during pregnancy, childbirth or breastfeeding after the child is born.**
 - 3. During blood transfer when injecting drugs and sharing needles, syringes and other drug equipment.**
 - 4. Sometimes when working in healthcare, if a medical worker doesn't wear the proper personal protective equipment like gloves, they could contract the virus from positive HIV body fluids.**
 - 5. By blood transfusion and organ/tissue transplants. But, the US blood supply has been tested for HIV since 1985 reducing the risk of exposure to the virus.**

Slide 9: How is HIV NOT Spread?

- **No, you don't contract HIV from these items pictured on this slide:**
 - 1. Insect bites.**
 - 2. Toilet seats.**
 - 3. Kissing.**
 - 4. Sharing dishes, drinking glasses, cups, spoons, forks, etc.**
 - 5. Touching.**

Slide 10: Goal #1, What have you learned?

- **Glad you've been paying attention.**
- **Follow the instructions, then move to the next slide for your 2nd goal.**
- **Can you identify 5 ways HIV is spread?**

Slide 11: Body Fluids and HIV

- **Maybe you're wondering what are body fluids?**
 - **Well, these are liquid or fluid because of all the water in your living body.**
 - **There are lots of them and now you need to learn which body fluids can transmit HIV.**

Slide 12: Which Body Fluids Can Transmit HIV?

- **HIV-1 is passed from person to person through mucous membranes by only specific body fluids. Like the list shows, the body fluids that can transmit HIV:**
 - **Rectal Fluids.**
 - **Semen and pre-seminal fluid.**
 - **Vaginal Fluids.**
 - **Blood.**
 - **Breast milk.**

Slide 13: Body Fluids Not Transmit HIV

- **Some body fluids, if not mixed with HIV detected blood, do Not harbor and spread HIV. Recognize these body fluids involved:**
 - **Saliva.**
 - **Sweat.**
 - **Tears.**
 - **Urine.**
 - **Feces.**

Slide 14: Goal #2, What have you learned?

- **Knowledge check then to the next slide for your 3rd goal.**
- **Which body fluids can transmit HIV?**

Slide 15: Your HIV Risks

- **This third and last objective is a life-game changer.**
- **You've learned HIV spreads from person to person and which body fluids transmit HIV, so reducing your risks of HIV exposure is a good idea. Safer is better.**
- **Exactly how do you reduce your risk of HIV exposure?**

Slide 16: Consent: It's Your Body

Video: Tea & Consent, Consent It's Simple As Tea, 2:54 minutes

Slide 17: The ABC's of HIV

- **Your answer is Abstinence or Buy Condoms.**
- **Your mind and body are developing and maturing into an adult. It's your future and you have choices.**
- **So, what's abstinence?**

Slide 18: A is For Abstinence

- **Abstinence is not just a word, but a healthy life-style choice you make every day. This is what it means:**
 - **Not having any kind of sex with a partner now or for a certain amount of time for your own reasons.**
 - **Also, abstinence is deciding not to continue having sex. It's not too late to choose to stop having sex.**

Slide 19: Condoms

- **If you are sexually active, using condoms can protect you from HIV and other sexually transmitted diseases (STDs).**
- **Safer is better.**

Slide 20: Goal #3, What have you learned?

- **Final question.**
- **What is abstinence?**

Slide 21: Select Your Button To Continue

- **Select your specific button to continue.**

Slide 22: ABC and “D” for Discovery

- **What are the questions you always ask to discover answers?**
 - **Who?**
 - **If you’re not abstinent, then you and your sex partner are the “Who”.**
 - **If mixing alcohol and/or recreational drugs with sex, you are more likely to take greater risks.**
 - **The only way to know for sure if you have HIV or other STDs is to Get Tested.**
 - **What?**
 - **Reducing risks of contracting HIV using condoms.**
 - **What is a condom?**
 - **A condom is a flexible, stretchable, thin bag.**
 - **Birth control methods, other than abstinence and condoms, do not effectively prevent the transmission of HIV and other STDs.**
 - **Where?**
 - **Buy external condoms at drugstores, pharmacies, grocery stores or online.**
 - **Buy internal condoms online.**
 - **When?**
 - **Condoms are very effective at reducing risk for getting or transmitting HIV if you use them the right way every time.**
 - **Why?**
 - **Using condoms when you have sex can help protect you from HIV.**
 - **How?**

- **Let's talk about that.**

Slide 23: External Condoms

- **How perfect are external condoms?**
 - **Although we're talking about HIV, consistently and correctly used external condoms are 98% effective at preventing pregnancy.**
 - **But people aren't perfect, so in real life, external condoms are about 85% effective.**
 - **This percentage means about 15 out of 100 people who use external condoms as their only birth control method will get pregnant each year.**
- **External Condoms are not perfect, but much better than nothing. So, are external condoms all alike?**

Slide 24: Types of External Condoms

- **There are different kinds of external condoms.**

Slide 25: External Condom Use Do

- **If you use condoms to reduce your risk of getting or transmitting HIV, use a new condom the correct way every time.**

Slide 26: External Condom Use Do Not

- **There's always the wrong way so don't misuse condoms.**

Slide 27: Internal Condom

- **The FC2 internal condom is the only one available in the United States:**
 - **Near perfect use is 95% effective at preventing pregnancy and protecting from HIV exposure. But among women who may not always use it correctly, 21 out of 100 will become pregnant.**
 - **Only use the internal or external condom, not both together.**

Slide 28: Consider the HIV Risk

- **What's your decision? How will you reduce your risk to get or transmit HIV? What is your endgame? Safer is better. Choices you make:**
 - **NO RISK**
 - **Abstinence from Sex and Drugs.**
 - **REDUCED RISK**
 - **Condom Protected Sex "Correctly and Consistently".**
 - **Never Sharing Needles or drug equipment.**
 - **Regular HIV/STD Testing.**
- **If questions, talk with a trusted adult like your parents, grandparents, family, teacher or school nurse. *Don't Let HIV Be Your Endgame.* Each day, be a champion and choose to eliminate HIV from your life.**

Slide 29: You've Championed This Campaign!

- **Glad you joined me for *Don't Let HIV Be Your Endgame: Level 2, Person to Person*.**
- **Now, come with me for more objectives continuing the HIV series in game mode *Level 3, Testing and Treatment*. But first, see the next slide. Thanks for being here.**

Slide 23: Reasons for Survey

- **Yes, your opinion matters.**
- **Can you do this for me?**
- **Please take some time to answer the evaluation questions.**
- **Your feedback is important to me and future learners. Thanks.**

Slide 31: Resources 1

- **This slide provides information about references, links and images used.**

Slide 32: Resources 2

- **This slide provides information about references, links and images used.**

Slide 33: Resources 3

- **This slide provides information about references, links and images used.**

Slide 34: Resources 4

- **This slide provides information about references, links and images used.**

Slide 35: Resources

- **This slide provides information about references, links and images used.**

Slide 36: Instructional Resources

- **This slide provides information about references, links and images used.**

Slide 37: Citation & Developer

- **This slide provides information about references, links and images used.**