

Youth HIV Lesson

Young People and HIV/AIDS

- Half of all new HIV infections occur in people under the age of 25
- Every year, the average age of HIV-infected people are getting younger
- 7,500 Middle Tennesseans are with AIDS/HIV infection since the epidemic began
- About 5,600 Tennesseans are currently living with the HIV infection or AIDS

What is HIV?

- HIV is the Human Immunodeficiency Virus
- The Human Immunodeficiency Virus is a virus that attacks and deteriorates the body's immune system. The immune system is the body's natural defense against infections such as the common cold.

What is AIDS?

- AIDS stands for Acquired Immune Deficiency Syndrome.
- AIDS is characterized by the collapse of the body's natural immunity against disease. A series of illnesses occur once the immune system is impaired. Infections that usually do not seriously threaten people with normal functioning immune systems often cause seriously illness for people diagnosed with AIDS.

There are 4 bodily fluids that carry HIV.

- Blood
- Semen
- Vaginal secretions
- Breast milk

HIV Uses any of these bodily fluids to travel from Person to Person.

Primary Modes Of HIV Transmission

- **Unprotected sexual contact with an infected person (oral, anal, or vaginal):**
 - Male to male
 - Male to female
 - Female to male
 - Female to female
- **Exposure to infected blood/blood products:**
 - Infected intravenous needles (drugs, steroids, tattoos, and body piercing)
 - Blood transfusions (infections from transfusions rarely occur today)
 - Mishandling of infected blood-involved operations
 - Puncture by other HIV contaminated instruments
- **Prenatal exposure to baby of infected mother:**
 - In-utero (and during the birth process)
 - While nursing (less common mode of transmission)
 - Prolonged breast-feeding increases the risk of a woman giving HIV to her baby by about 14 percent

Myths vs Facts

Some Common Misconceptions about HIV/AIDS

- Only people who look sick can spread HIV/AIDS
- Only people who have sexual intercourse (vaginal, anal, or oral) with gay (homosexual) people get HIV/AIDS
- Birth control pills protect women from getting the HIV/AIDS virus.
- There are NO drugs available to treat HIV that can lengthen the life of a person infected with the virus.
- There is a cure for AIDS.
- You must be 18 years of age to get an HIV test without parental consent

You CANNOT Contract HIV Through Contact With:

- Toilet Seats
- Towels
- Doorknobs
- Bed Linens
- Drinking Cups
- Swimming Pools
- Utensils
- Insect Bites
- A Chair
- Food
- Sneeze
- Giving Hugs
- Shaking Hands
- Dry Kiss

Prevention

- Abstain From Sharing Needles for ANY Reason.

- Abstain from Sexual Activity Until You and Your Partner Have Been Tested.
- Be Faithful to a Long-Term, Monogamous Partner who is not Infected.
- Use Condoms and Water-Based Lubrication *EVERY TIME* you have Sex.
- Use Dental Dam *EVERY TIME* you have Oral Sex. (Dental dam- a square piece of thin latex used to prevent the transmission of STIs when oral sex is performed on anal or vaginal opening)

HIV Testing

- HIV Tests detect antibodies associated with HIV 90 days after last potential exposure.
- They were originally developed to protect the blood supply.
- HIV Tests can now be given orally by swabbing a person's mouth.
 - Results occur in about 20 Minutes.

The Importance of Testing

- Regular Testing Helps to:
 - Reduce Stigma of HIV Tests
 - Understand the Virus Better
 - Understand Transmission Patterns of HIV
 - Helps an Infected Person Receive Treatment Sooner.
 - *The Sooner HIV is Detected, the Better a Person's Chances for Effective Treatment.*

Where can I go for additional information?

Centerstone

Main Line 615.463.6600

24-hour Crisis Services 800.681.7444

Prevention Services 615.460.4590

www.centerstone.org

www.whoyouwant2be.org

Government Websites

www.cdc.gov

www.nida.nih.gov

www.samhsa.gov

www.aids.gov