INDEX

1. HIV / AIDS Prevention Education Standards (Priority Academic Student Skills) from the Oklahoma State Department of Education

2. Program Description

3. Parent Permission Slip

4. Science Department Presentation Outline

5. Nursing Department Presentation Outline

6. Community Presentation Outline
Priority Academic Student Skills

HIV/AIDS PREVENTION EDUCATION

School districts shall make the curriculum and materials that will be used to teach AIDS prevention education available for inspection by the parents and guardians of the students that will be involved with the curriculum and materials. Furthermore, the curriculum must be limited in time frame to deal only with factual medical information for AIDS prevention. The school districts, at least one (1) month prior to teaching AIDS prevention education in any classroom, shall conduct for the parents and guardians of the students involved during weekend and evening hours at least one presentation concerning the curriculum and materials that will be used for such education. No student shall be required to participate in AIDS prevention education if a parent or guardian of the student objects in writing to such participation. 70 O.S. § 11-103.3

Grades 7 - 12

STANDARD

1. Investigate and examine current information about HIV/AIDS in order to differentiate related facts, opinions, and myths.

2. Examine and identify the importance of sexual abstinence in adolescent relationships.

3. Demonstrate refusal skills (saying "no"), negotiation skills and peer resistance skills related to sexual health.

4. Analyze the transmission and methods of prevention for sexually transmitted disease (STD) and Human Immunodeficiency Virus (HIV).

5. Identify risk behaviors and situations involving possible exposure to HIV.

6. Examine the relationships between injecting drug use (IDU) and contact with contaminated blood products and the transmission of HIV.

7. Analyze the efficiency of artificial means of birth control in preventing the spread of HIV and other sexually transmitted diseases.
PROGRAM DESCRIPTION
The seventh grade HIV/AIDS program will occur over a three day time span. Grade seven science teachers, district nurses and a community professional, trained in current subject content, will be presenting information. A review of the reproductive systems will occur on day 1 of the program. HIV/AIDs instruction will occur on days 2 and 3 of the program.

Mustang School district’s curriculum is based upon the State of Oklahoma HIV/AIDS and Academic Standards for Science (OAS-S). The program is part of the Grade 7 science curriculum. It will involve: factual medical information for HIV/AIDS prevention and other sexually transmitted diseases, and training in peer resistance skills.

Last fall the curriculum was available for parent review, questions, and suggestions during Parent/Teacher conferences at both Middle Schools. If you would like to see an overview of the materials please visit the district website.

If a parent/guardian opts their student out of the program, alternative curriculum information regarding the reproductive processes and systems will be provided in a separate location.

In the event that a student does not return the permission form, the student will receive the alternate curriculum.

Please return the following permission slip.

PARENT PERMISSION
Student’s name: ________________________________________________________

☐ I understand the above stated information. I give my child permission TO PARTICIPATE in the program.

☐ I understand the above stated information. I DO NOT give my child permission to participate in the program and I would like my child to receive the alternative curriculum.

Parent/Guardian signature: ______________________________________________________

Parent/Guardian printed name: ______________________________________________________

Date: __________________________
HIV/AIDS Prevention Education
Mustang Public Schools

HIV/AIDS Prevention Education-grades 7 - 12 and OAS-S

1. Investigate and examine current information about HIV/AIDS in order to differentiate related facts, opinions, and myths.
2. Examine and identify the importance of sexual abstinence in adolescent relationships.
3. Demonstrate refusal skills (saying "no"), negotiation skills and peer resistance skills related to sexual health.
4. Analyze the transmission and methods of prevention for sexually transmitted disease (STD) and Human Immunodeficiency Virus (HIV).
5. Identify at risk behaviors and situations involving possible exposure to HIV.
6. Examine the relationships between injecting drug use (IDU) and contact with contaminated blood products and the transmission of HIV.
7. Analyze the efficiency of artificial means of birth control in preventing the spread of HIV and other sexually transmitted diseases.

OAS-S MS-LS1-3 Molecules To Organisms: Structure and Processes
OAS-S MS-LS3-2 Heredity: Inheritance and Variations of Traits - Sexual vs Asexual reproduction

PROGRAM OVERVIEW

Grade 7 Science Teachers
- Overview of the human body anatomy with emphasis on the reproductive system (MS-LS1-3)
- Differentiation between sexual and asexual reproduction (MS-LS3-2)
- Differentiation between viruses and bacteria (MS-LS3-2)

Nurses/ Health Department
- Healthy body parts (#1 and #7, MS-LS1-3)
- Sexual abstinence (#2 and #3)
- Sexual transmitted disease and prevention (#4 and #7)
- Identify risk behaviors and situations (#5 and #6)

Community Professional
- Peer resistance skills (#3)
- Refusal skills and negotiation skills (#3)
- Adolescent relationships (#2 and #3)
- Identify at risk behaviors and situations (#5 and #6)

For additional information related to the individual components of the HIV/AIDS program please contact:
- Nurses/ Health: Tammy Kain, Mustang PS Nurse kaint@mustangps.org
- Community Professionals: Kim Baker, Student Assistance Programs Coordinator BakerK@mustangps.org
- Science: Ryan McKinney, Director of Secondary Schools, Mckinneyr@mustangps.org
Both male and female systems rely on hormones from the endocrine system.
Hormones act as chemical messengers that signal the process of sexual development.
Sexual development is the growth of reproductive organs and development of sexual characteristics.
At maturity, the reproductive organs produce hormones to maintain secondary sexual characteristics.
- Males ~ Lower voices, facial hair, etc.
- Females ~ Breast development, etc.

Reproductive System

Specialized Reproductive Cells
- Different male and female reproductive systems.
- Both make specialized cells
- Female produces egg cells.
- Male produces sperm cells.
- Egg and sperm both carry genetic material that contains the information needed for the organism to form, develop, and grow.

Female Reproductive System
- Two functions
  - Produce egg cells
  - Nourish the offspring until birth
• Two Ovaries
  – Each contains hundreds of eggs.
  – Every 28 days, the pituitary gland releases a hormone to stimulate some of the eggs to develop and grow.
  – The ovaries then produce hormones to get the uterus ready to receive the egg.

• After the egg is developed fully, another hormone signals the ovary to release the egg.
• Egg moves from the ovary into a fallopian tube.
• The egg may be fertilized by a sperm within the 10-12 hours and move to the uterus.
• Once inside the uterus' thick lining, the fertilized egg grows and develops very rapidly.

Menstruation
• If fertilization does not occur within 24 hours, the egg and the lining of the uterus begin to breakdown.
• Menstruation occurs:
  – Muscles in the uterus contract causing the flow of blood and tissue from the body through the vagina over a period of about 5 days.

Male Reproductive System
• Testes are the male reproductive organs that produce sperm.
• Sperm is produced inside tiny, coiled tubes that are 100s of feet long inside the testes.
• Testes release hormones that control the development of sperm and is responsible for men’s physical characteristics like facial hair and a deep voice.
Male Reproductive System

- Males start producing sperm cells sometime during adolescence.
- Sperm is a single cell with a head and a tail.
  - Head contains chromosomes.
  - Tail functions as a whip, making it mobile.
- Sperm travels from the testes through other reproductive structures while mixing with fluid called semen.
- Semen contains nutrients for the sperm.
- 1 drop of semen contains several million sperm.

Production of Offspring

- Each sperm and each egg contain half of the genetic material needed for a human being to grow and develop.
- During intercourse, millions of sperm leave the testes, travel through the urethra that leads out of the penis. Sperm cells enter the female’s body through the vagina. Then they travel into the uterus and on to the fallopian tube.

Fertilization

- Fertilization occurs when one sperm cell joins the egg in the fallopian tube. Chemical changes in the egg’s surface prevent more than 1 sperm from entering.
- Once inside the egg, the genetic material from the sperm and egg combine.
- Fertilization is complete.
HIV/AIDS EDUCATION
MUSTANG PUBLIC SCHOOLS

Goals
To present factual and current information about HIV/AIDS

Ground Rules
• One person speaks at a time
• No put downs
• Respect for differences of opinion
• There are no dumb questions
• Don’t use names or tell family stories when discussing personal issues
• Classroom discussions are confidential

HIV
H-Human
I-Immunodeficiency
V-Virus
A - Acquired
I - Immune
D - Deficiency
S - Syndrome

NO VACCINE AND NO CURE ONCE INFECTION HAS TAKEN PLACE

Oklahoma newly diagnosed HIV/AIDS Cases

2013 newly diagnosed HIV/AIDS cases = 437

2012 newly diagnosed HIV/AIDS cases

Living HIV/AIDS cases diagnosed 1982-2013
Oklahoma newly diagnosed HIV cases by Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 and under</td>
<td>6</td>
</tr>
<tr>
<td>13-19</td>
<td>15</td>
</tr>
<tr>
<td>20-29</td>
<td>156</td>
</tr>
<tr>
<td>30-39</td>
<td>120</td>
</tr>
<tr>
<td>40-49</td>
<td>81</td>
</tr>
<tr>
<td>50-59</td>
<td>43</td>
</tr>
<tr>
<td>60 years and over</td>
<td>16</td>
</tr>
</tbody>
</table>

OK AIDS Cases by Race

<table>
<thead>
<tr>
<th>Race</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>1,454</td>
</tr>
<tr>
<td>Black</td>
<td>561</td>
</tr>
<tr>
<td>Hispanic</td>
<td>205</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>161</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>23</td>
</tr>
</tbody>
</table>
ANYONE CAN GET HIV/AIDS.
IT IS NOT WHO YOU ARE, IT IS WHAT YOU DO THAT PUTS YOU AT RISK.
Choose Wisely.

Four Infectious Fluids
• Blood
• Semen
• Vaginal Fluids
• Breast Milk
Keep any of these............

........Away from any of these Openings !!!!
• Eyes
• Ears
• Nose
• Mouth
• Anus/rectum
• Vagina
• Penis
• Any cut/break in skin

CASUAL CONTACT
• KISSING
• HUGGING
• HOLDING HANDS
• DINING
• GOING TO SCHOOL
• SHARING A RESTROOM
ABSTINENCE
• Abstaining from sexual intercourse
• Abstaining from drug and alcohol use and sharing needles

Protection
Latex condoms used every time can reduce the risk of HIV/STD’S.

Universal Precautions
• Avoid contact with blood if possible. Let people take care of their own cuts & minor injuries.
• Use barrier protection when coming into contact with blood and other body fluids.
• Clean up blood and body fluid spills with a disinfectant or bleach-water solution.

UNIVERSAL PRECAUTIONS CONT
• Dispose of gloves, bandages, and/or towels in a sealed plastic bag.
• Wash your hands with soap and warm water.
Confidential Testing
Results are linked to your identity.
Results are recorded in your medical files.
State laws vary according to who can know your results and the conditions for revealing that information.

Anonymous Testing
Neither your name or any identifying information is recorded.
Results are not entered in your medical files.

ONLY YOU CAN FIND OUT YOUR TEST RESULTS.

HIV/AIDS--- True and False
HIV is transmitted through infected semen, vaginal secretions, and blood.
HIV is spread when people hug and kiss.
You cannot get HIV from casual contact such as going to school with someone who has AIDS.

HIV/AIDS Cont…
• People can look and feel healthy and still be infected with HIV.
• People who share needles or drugs, tattooing or body piercing put themselves at risk for getting HIV.
• There is a vaccine to prevent AIDS.
HIV/AIDS cont…

• Women can transmit HIV.
• Everyone who engages in sexual intercourse is at risk for AIDS if an HIV infected partner is involved.
• People who have AIDS do not have the ability to fight off other infections.

HIV/AIDS HOTLINES

• There are Nat’l and State toll-free telephone hotlines that provide HIV/AIDS information.

National AIDS Hotline                     Oklahoma AIDS Hotline
1-800-HIV-0440                             1-800-535-2437
Or visit hivtest.org/

Personal Risk Assessment

Have you ever done any of the following???
• Shared needles to inject drugs or steroids.
• Shared needles for body piercing or tattooing.
• Had sexual intercourse while you were high on alcohol or other drugs
• Had unprotected sexual intercourse.

The faces that mask HIV/AIDS
HIV/AIDS References

- https://aids.gov/
Community Representative
OUTLINE

Trained Community Professional
  o Peer resistance skills (HIV/AIDS #3)
  o Refusal skills and negotiation skills (HIV/AIDS #3)
  o Adolescent relationships (HIV/AIDS #2 and #3)
  o Identify risk behaviors and situations (HIV/AIDS #5 and #6)

Ping Pong Ball Illustration
  ● Give ping pong balls out, have them passed around and it illustrates how
    STD’s are spread.

Sexual Exposure Chart
  ● Put out by CDC, shows how quickly STD’s spread.

Fish Bowl Example:
  ● Shows how boundaries are important and necessary in our life to keep us
    safe and healthy.

Normal Progression of Relationship
  ● Where do you draw the line?
  ● Does Love = Sex?

What are some practical boundaries we can place in relationships to avoid
the risk of STD’s.