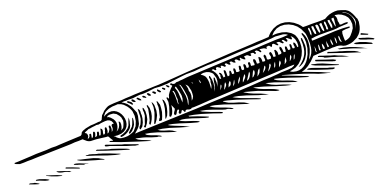


Stats	<p>There are almost 100,000 people in the UK living with HIV. There are around 1,000 young people under 18 accessing HIV care in the UK.</p> <p>Around one in four people living with HIV in the UK do not know they are infected. Approximately 500 people a year die of illnesses related to their HIV infection.</p>
FAQs	<p>What exactly is HIV?</p> <p>HIV is a virus that stops the immune system working properly, by damaging/destroying cells in the body. This means that someone with HIV can get illnesses very easily. HIV can sometimes lead to AIDS, when the body can no longer fight infections. HIV is passed on via sharing needles or through sexual intercourse. It can also be transmitted through pregnancy/breastfeeding if the mother has HIV.</p> <p>What are the symptoms of HIV?</p> <p>Very often, people do not have symptoms of HIV. People may feel like they have flu a couple of weeks after infection, and/or have swollen glands, but these are symptoms of lots of illnesses.</p> <p>If you have been exposed to the risk of infection, the only way to know if you are infected is to have an HIV test. This test is available free of charge in sexual health clinics.</p> <p>Is HIV a terminal illness?</p> <p>Not necessarily. If HIV is diagnosed early enough, then the virus can be treated to stop it developing into AIDS. Many people with the virus therefore live long and healthy lives.</p> <p>Experts hope that in 2015 the world will reach a 'tipping point' for HIV, where more people are receiving treatment than are becoming infected.</p>
Real life	<p>'I have been diagnosed since 1989. Of course I have gotten sick just like anyone else but my overall health has been excellent. The biggest downside for me has been stress, and self-esteem issues. The biggest questions are who do I tell, and who would want to be with me in a serious relationship once I let them know?</p> <p>So I have kept it a secret from my friends all these years. I am sure most of them don't have any idea. Living with HIV for the past 19 years hasn't really affected me to the extreme. I guess it's just a pebble that has fallen in my river and journey through life.'</p> <p>Rose</p>

In your PSHE workbook, complete these tasks:

1. Which statistic do you find most interesting and why?
2. Write down a question that you have about HIV and/or AIDS. Leave space for an answer. Another student will research the answer and give you an answer next lesson.
3. Read the 'Real life' box. What advice would you give this person if they were a friend?
4. The Terence Higgins trust is a charity that supports people with HIV. Name three things the charity could do to support Rose. Keywords include: change, confidence, discrimination, identity, mental health, physical health, prejudice, risk, sexual health, skills.



Sources of statistics

Terrence Higgins Trust

HIV in the UK

<http://www.tht.org.uk/sexual-health/Resources/Facts-and-statistics/HIV-in-the-UK>

National Children's Bureau

Just Normal Young People

Supporting young people living with HIV in their transition to adulthood

A report from the Children and Young People HIV Network

by Emily Hamblin

<http://www.ncb.org.uk/media/470465/justnormalyoungpeople-hivnetworktransitionreport.pdf>

Source of FAQ information

NHS Choices

HIV and AIDS

Overview

<http://www.nhs.uk/conditions/hiv/pages/introduction.aspx>

Metro

'Have we reached the beginning of the end of the fight against HIV/Aids?'

Wednesday 5 February 2014

<http://metro.co.uk/2014/02/05/have-we-reached-the-beginning-of-the-end-of-the-fight-against-hivaids-4291153/>

Source of 'real life' story

HIV Aware

Real stories

<http://www.hivaware.org.uk/be-aware/real-stories.php?id=5&story=28>