

HIV/AIDS: What are they?

1. Vocabulary Building

immune system	免疫	cell	細胞
bacteria	バクテリア	symptoms	症状
patient	患者	stage	時期
pneumonia	肺炎	acquire	感染、~になる
deficiency	不足	develop	進行



2. Reading

What is the immune system? The immune system is the part of your body that helps to keep you healthy. There are a lot of cells in your blood that will kill viruses, bacteria and other things that could make you sick. In a healthy person, there are lots of these cells, called "T" cells. If you don't have enough T-cells, you can get sick easily.

In 1979, doctors in America and Europe started to see many patients who were sick because they had problems with their T-cells. These patients didn't have many T-cells in their bodies. Doctors looked for the reason. They found that these people had a virus in their bodies. They called the virus HIV, which stands for Human (that means it's only in people, not animals or insects) Immunodeficiency (*immuno* means the immune system; *deficiency* means there isn't enough) Virus. In other words, HIV is a virus that causes not enough immune system in people.

When HIV gets into your body, it starts to slowly kills the T-cells of the immune system. At first, there may be no symptoms that signal that you have the virus. Some people might feel like they are catching influenza, but the symptoms go away in a few days. Later, when the body's immune system is very weak, it cannot fight against common viruses. At this stage, when people develop serious diseases such as cancers or pneumonia because they have a weak immune system. Doctors call this stage AIDS, which stands for acquired (you catch it from someone) immune deficiency (not enough immune system) syndrome (a word for a group of diseases).

How long does it take for symptoms of AIDS to develop? Well, it really depends on each person, but on average it takes about ten years for HIV to destroy enough of a person's immune system so that they cannot fight serious diseases. A person who has the HIV virus may not know that they have it because there may be no symptoms for many years. During that time, they could give the virus to someone else through unprotected sexual contact.

If a person has HIV, there might be enough virus in their semen (精液), vaginal fluid (膾分泌液), or blood to infect a partner during sexual contact. If they do not use a condom or other protection, there is a risk that those infected fluids (体液) could pass into the uninfected partner. HIV can pass through membrane (粘膜) in the vagina, mouth or throat, or open sores in the genital areas.

It is important for people who have had unprotected sex to get an HIV test. Right now, there is no vaccine and no cure for HIV or for AIDS, but if someone finds out early that they have the virus, there is very good medicine available that will help them to live longer, healthier lives. Waiting until the virus destroys the immune system makes it difficult for doctors to help keep them well.

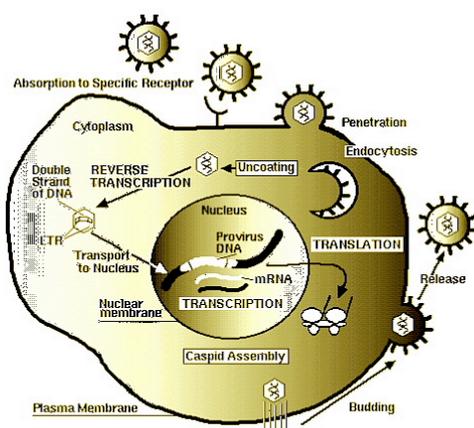


Diagram of HIV from <http://www.rhodes.edu/biology/glindquaster/viruses/pagespass/hiv/retrovirus.jpg>

3. VIDEO: “In Our Own Words” 1999. Available from www.family-health.net

In this video, five teenagers tell their stories about living with HIV. All five caught HIV through unprotected sex. They talk about their fears and about their dreams for the future.

Pedro

1. Where does Pedro come from?
2. What was Pedro’s dream for the future?
3. List some of Pedro’s questions:

Antigone

True or False?

1. Antigone just wanted to be happy.
2. She had a very clear plan about her life.
3. She said she was in a lot of pain.
4. To deal with her pain, she ate.
5. When she was drunk, she had unprotected sex.
6. When she was 20, she stopped drinking.

David

Correct these sentences.

1. David understood his sexuality.
2. David was 18 years old.
3. David was feeling good about himself.
4. David is heterosexual.
5. After he graduated, he had a chance to study ballet in Japan.

Veronica

1. How did Veronica catch HIV?
2. After finding out she had HIV, how did it affect her dreams?
3. How did she feel?
4. What view did she share with her family?

Kerry

1. What were Kerry’s dreams?
2. How did Kerry catch HIV?
3. What happened to her hopes, dreams, and expectations?
4. Kerry says,
“I’m never going to have a normal _____.
I’m never going to have _____.
I’m never going to get _____.
I’m never going to grow _____.”

☞ What do you think is the main message of the video?



4. Looking at YOU

What are YOUR dreams for the future? Look at the chart below. Spend some time thinking about what you want in your life. Make notes in each of the areas listed below. (You do NOT have to show this to anyone.)

work	<i>Ten years from now, I want to....</i>
family	<i>Ten years from now, I want to....</i>
friends	<i>Ten years from now, I want to....</i>
living place	<i>Ten years from now, I want to....</i>
hobbies and interests	<i>Ten years from now, I want to....</i>
other	<i>Ten years from now, I want to....</i>

Choose one person in the video. How is that person's life similar to yours? What is your reaction to what they had to say in the video? Write your reaction here OR talk about it with a partner.



5. Putting it Together

What have you learned in this unit?

Review the reading passage. Discuss the following with a partner or in small groups.

1. What is the immune system?
2. What do T-cells do?
3. What was special about many patients that doctors began to see in 1979?
4. Can you catch HIV from mosquitoes?
5. What is the difference between HIV and AIDS?



Questions for discussion

Discuss the following questions with a partner or in small groups.

1. If someone catches HIV and if there are few or no signs (symptoms), how do you know if someone has the virus?
2. Why is it a good idea for people to get tested for HIV?
3. Why is it NOT a good idea to wait for many years to be tested?
4. Who should get tested?
5. Some people might be afraid to have an HIV test. What advice would you give them?
6. What was the most interesting thing you learned in this unit?
7. If you could tell your friends or family something about HIV/AIDS, what would you want them to know?
8. When do you think people should learn about HIV/AIDS? In elementary school/junior high/senior high/university? Give reasons for your opinion.
9. YOUR QUESTION:

HIV / AIDS Word Search

In the box below, can you find these words? They may be written forward, backward, or diagonally.

AIDS
bacteria
care
cure
HIV
immune
medicine
pneumonia
protection
red ribbon
support
virus

