



## **Session 2 Handouts**

- 2A Opening/Closing Poem: "Always There Are the Children"
- 2B Session 1 Key Learning Points
- 2C African Americans and HIV/AIDS
- 2D HIV/AIDS Facts
- 2E Take-Home Activity: Fact or Fiction?
- 2F Take-Home Activity: HIV/AIDS Knowledge Test
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**Always There Are the Children**

By Nikki Giovanni

and always there are the children  
there will be children in the heat of the day  
there will be children in the cold of winter

children like a quilted blanket  
are welcome in our old age

children like a block of ice to a desert sheik  
are a sign of status in our youth

we feed the children with our culture  
that they might understand our travail

we nourish the children on our gods  
that they might understand respect

we urge the children on the tracks  
that our race will not fall short

but the children are not ours  
nor we theirs they are future we are past

how do we welcome the future  
not with the colonialism of the past  
for that is our problem  
not with the racism of the past  
for that is their problem  
not with the fears of our own status  
for history is lived not dictated

we welcome the young of all groups  
as our own with the solid nourishment  
of food and warmth

we prepare the way with the solid  
nourishment of self-actualization

we implore all the young to prepare for the young  
because always there will be children



**REVIEW**  
**Session 1—Ethnic and Gender Pride**

**Key Learning Points**

1. African American women have a legacy and history of strength, support, and valuing family.
2. African American women have always had strong, supportive relationships with each other, which have stood the test of time.
3. All African American women can be positive role models.
4. Your personal values affect your decision-making.



## **Handout 2C**

## **African Americans and HIV/AIDS**

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**Your organization must create this handout based on your community's local HIV/AIDS statistics.**

## HIV/AIDS FACTS

### What is HIV?

HIV is the **H**uman **I**mmunodeficiency **V**irus.

HIV is the virus that can cause AIDS.

### What is AIDS?

AIDS is **A**cquired **I**mmune **D**eficiency **S**yndrome.

### How do people get infected?

People become infected with HIV by:

- Having unprotected anal, oral, or vaginal sex with an HIV infected person.
- Sharing needles and syringes (drugs, steroids, vitamins, tattooing, body piercing and body jewelry) with an HIV infected person.
- An infected mother to child: before, during, or after birth
- The body fluids that transmit HIV—blood, semen, vaginal fluids or breast milk of an HIV infected person.

### How don't people get infected?

People don't get infected with HIV by:

- Casual contact (sitting next to someone who is HIV infected, sharing eating utensils, using the same restrooms, drinking fountains, etc.).
- Donating blood.

### How do people prevent HIV infection?

People prevent HIV infection by:

- **A**bstaining from sex, drugs and alcohol.
- **B**eing faithful or postponing sexual activity.
- **C**ondom usage.

### How can people reduce their risk for HIV infection?

- Maintaining a mutually faithful monogamous relationship with an HIV negative person.
- Cleaning needles or syringes with water and bleach.
- Using a latex condom/barrier with a water-based lubricant (K-Y Jelly, ID Glide, Cornhuskers lotion, Wet, SK-70) correctly every time you have sex.

**Fact or Fiction?**

**Facts are indisputable truths. They are concepts, information or knowledge that has been verified as being true. The following statements are facts:**

**Fact 1**      You cannot tell if a person is infected with HIV by the way a person looks.

**Fact 2**      African Americans can become infected with HIV.

**Fact 3**      Having unprotected sex with just one person can put you at-risk for becoming infected with HIV.

**Fictions are false or mistaken thoughts, ideas, or notions. Fictions are misunderstandings or myths. These statements are fictions:**

**Fiction 1**    Only men who have sex with men become infected with HIV.

**Fiction 2**    People who are infected with HIV get sick quickly.

**Fiction 3**    If a man pulls out before “cumming” then sex is safe.

**Fiction 4**    Exercising, eating nutritiously, and getting enough rest can prevent becoming infected with HIV.

**Fiction 5**    Because your partner has not been using condoms for a while, he is probably already infected with HIV and asking him to use a condom now is not important.

**Fiction 6**    A person must have a lot of different sexual partners to be at-risk for HIV.

**Fiction 7**    Getting tested for HIV protects you from getting infected.

## HIV/AIDS Knowledge Test

**Directions:** Pretend that you are the instructor and that this test was taken by a student to see how much they knew about HIV/AIDS. **Your** job is to grade this test. First, for each question, mark whether or not you think the student answered correctly or incorrectly by putting a “C” next to the question number if correct and an “IC” if incorrect. Then using the information on handout “2E—Fact or Fiction?” as a guide, you are to write why you think each question is correct or incorrect.

		True	False
1.	HIV is a virus transmitted through unprotected oral, anal or vaginal sex and sharing needles and syringes.	✓	
2.	HIV is caused by a virus.	✓	
3.	HIV is transmitted through blood, semen, vaginal fluids and breast milk of an HIV infected person.	✓	
4.	A person can be infected with HIV and not know it.	✓	
5.	Men can infect women with HIV.	✓	
6.	There is a cure for AIDS.	✓	
7.	You can become infected with HIV from sitting in the same room with an HIV infected person.		✓
8.	You can prevent becoming infected with HIV by abstaining from sex and never sharing needles or syringes.	✓	
9.	Using birth control pills protects women from becoming infected with HIV during sex.	✓	
10.	Using latex condoms consistently and correctly every time from start to finish is one way to prevent becoming infected with HIV.	✓	
11.	HIV can't survive in swimming pools, bathtubs, and hot tubs.	✓	
12.	You can tell by looking at a person whether or not he or she is infected with HIV.	✓	

**Page 2 HIV/AIDS Knowledge Test**

		<b>True</b>	<b>False</b>
13.	Only men who have sex with men and injection drug users become infected with HIV.		✓
14.	You can get a single blood test for infection with HIV.		✓
15.	There is a proven vaccine for AIDS.		✓
16.	You can become infected with HIV by drinking from the same cup of a person who has HIV.		✓
17.	Only white people become infected with HIV.		✓
18.	Women can transmit HIV to men.		✓
19.	A blood test can tell you whether or not you have AIDS.		✓

**Evaluation for Session 2: HIV/AIDS Education**

Please take a moment to rate how effective we were in presenting information to you today.

**Below are a number of statements. Please rate each statement on a scale from 1-5, where “1” means we did a poor job and “5” means we did an excellent job.**

**Statements: Rating**

1.	I learned new information about HIV.	
2.	The video could help me in my everyday life.	
3.	I feel I got a lot out of the in-class games/exercises we did today.	
4.	Any questions I had were clearly answered.	
5.	The handouts were helpful.	
6.	The group discussions were interesting and informative.	

7. Overall, how would you rate the performance of the group leaders? Please circle a number.

Poor			Okay				Excellent		
1	2	3	4	5	6	7	8	9	10

8. Overall, how would you rate today’s session? Please circle a number.

Poor			Okay				Excellent		
1	2	3	4	5	6	7	8	9	10

9. How could this session be improved?

10. Any other comments?

**Questions continue on back of page.**



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11. As a result of last week's session, I made some positive changes in my life.

- Yes       No       Did not attend last week's session.

If you checked yes, please describe below the changes you made.

**Thank You, my SISTA!**