

# Jennifer and Carrie (5-A)

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Jennifer: I thought we had something special.

Carrie: Jennifer, I like you. I do.

Jennifer: You like me? Carrie, I've fallen in love with you.

Carrie: I don't know if I'm ready to be tied down to one person.

Jennifer: You mean you don't want to be tied down to me!

Carrie: Don't pressure me. I haven't decided. We've only known each other a couple of weeks.

Jennifer: A couple of weeks is long enough to figure out your feelings. I need a decision now or it's over.

Carrie: Fine. Then it's over.

Jennifer: I'm going to get a drink! Nice knowing you.

THE END



# Ways of Coping (5-B)

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## **Stand your ground**

Fight back. Let your feelings out. Pressure people. State your case. Keep at it.

## **Keep distance**

Push the pressure away from you by forgetting it, playing it down, or getting involved with something else.

## **Control yourself**

Keep feelings to yourself. Relax. Stay cool. Take it slow. Rehearse things in your mind.

## **Seek support**

Get help and sympathy from other people such as friends, family, religious or spiritual leaders as well as professionals.

## **Solve the problem**

Find ways to work the situation out by defining what is wrong. See what is important to you. Come up with options and try out a few of them.

## **Correct yourself**

Admit your responsibility in the matter. Apologize. Lecture yourself. Make commitments to change and do better.

## **Escape the scene**

Avoid the problem by wishing it would go away. Sleep, eat, drink, use drugs, smoke too much. Act like nothing happened. Run away.

## **Give It a Different Meaning**

It does not have to be about you. Don't take it personally. Maybe they are the one with the problem. Could be a blessing in disguise.



# Problem Analysis Form (5-E)

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What was the situation? (Who, where, when, what)

What did you think?

What did you feel?

What did you do?

Are you happy with what you did?



# Advantages and Disadvantages of Getting Tested for HIV (5-F)

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## Advantages

1. Being aware of your status and being able to care for yourself mentally and physically.
2. Begin treatment as soon as possible.
3. Keep from passing the virus to partners.
4. Keep from passing the virus to your unborn child.

## Disadvantages

1. If you test positive, you may feel hopeless and depressed.
2. If you test negative, you may believe that you are immune to HIV and not protect yourself in the future from HIV.
3. If you test positive, you may face discrimination and isolation.



# Pedro's Background Information (5-G)

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You have been living on the streets for about a year. You have been having sex with females and a few males for money recently. Most of the time you use condoms but you often get more money when you don't use condoms. You have a fairly steady girlfriend who you have sex with occasionally. Sometimes you can crash at her mother's house. You are feeling fine physically but you have heard so much about HIV and AIDS that you are worried. Actually, you are scared. You don't like being sick, you don't like taking pills, and you don't want to die. You are wondering if you should get tested for HIV. You want to be healthy and you don't want to spread the disease to anyone.



# HIV Testing Fact Sheet (5-H)

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**HOW CAN I GET TESTED?** You can get tested by your health care provider or by state or city health departments. Additionally, you can access testing through many community-based organizations (CBOs) that offer HIV prevention programs. There are two types of testing available: “Anonymous” and “Confidential.”

**WHAT IS ANONYMOUS TESTING?** Anonymous testing means that your name is never used, and there are no records kept about your getting an HIV test. An anonymous test is best if you don’t want anyone else but you to know you’ve gotten tested and what the results are.

**WHAT IS CONFIDENTIAL TESTING?** Confidential testing requires that your name be obtained and a record of your HIV test results is maintained in your medical records. Certain people may have access to this information under certain circumstances. For anyone else to get this information, you have to give special permission.

HIV reporting and partner notification laws vary by state. For more information about the laws in your state contact your local or state Health Department.

## HIV Antibody Testing Methods

Test	Advantage/Pros	Disadvantage/Cons
Traditional Blood Test	<ul style="list-style-type: none"> <li>• A blood sample is drawn at one sitting and is used for the ELISA (screening) and Western Blot (confirmatory) HIV antibody tests</li> <li>• Accurate test</li> </ul>	<ul style="list-style-type: none"> <li>• Needles are used to draw the blood from the client's arm</li> <li>• Must return to test site to get results at a later date</li> <li>• May take up to two weeks to get the results</li> </ul>
Rapid Test	<ul style="list-style-type: none"> <li>• Test results available within 10-40 minutes</li> <li>• Have option of using a needle stick (blood sample) or a swab (oral fluid sample)</li> <li>• Can be done at a clinical or a non-clinical site</li> <li>• Accurate test, especially for negative test results</li> </ul>	<ul style="list-style-type: none"> <li>• If the rapid test is reactive, results must be confirmed with another sample and additional testing, which means you must return to the test site at a later date to get confirmatory results</li> </ul>

### WHAT HAPPENS WHEN I DECIDE TO GET TESTED?

When you decide to be tested, you will meet with an HIV Counselor or test provider who will talk with you about the test and answer basic questions you may have. Before being tested, you must sign an Informed Consent form. Getting an HIV test is voluntary and you cannot be tested against your will.

## **WHAT DO MY TEST RESULTS MEAN?**

With conventional testing:

**A NEGATIVE TEST RESULT MEANS ONE OF TWO THINGS:**

- Either the person is not infected, or
- The person may be in the window period and is infected, but has not yet developed enough antibodies to be detected by the test.

**A POSITIVE TEST RESULT MEANS:**

- The person is infected with HIV, and/or
- He or she can infect others.

**AN INCONCLUSIVE TEST MEANS:**

- The test was unable to confirm whether or not the person was infected.
- If someone has an inconclusive result, he or she should retest.

With rapid testing:

**A NEGATIVE TEST RESULT MEANS:**

- Either the person is not infected, or
- The test did not detect antibodies in the blood or oral fluid sample of the individual.
- For three months prior to the last exposure, antibodies were not detectable in the individual. If an individual has engaged in risky behaviors within the past three months, he/she should be retested in 3-6 months.

**A PRELIMINARY POSITIVE TEST RESULT MEANS:**

- Antibodies to HIV may be present in the blood or oral fluid sample of the individual
- If the person receives a preliminary positive test result, the individual will have to have another test to confirm the rapid test result.

**AN INVALID TEST MEANS:**

- The test could not be interpreted. Another sample will have to be collected and another test will be run.
- This is not an indication that anything is wrong with the individual. There was an error with the test.

## **HOW ACCURATE IS HIV TESTING?**

Very accurate—the rate of true-positives with ELISA and Western Blot used together is about 99.9%.

### ***WHAT IS THE “WINDOW PERIOD?”***

The time period between when a person is infected with HIV and when antibodies to HIV can be detected with the test is called the “window period.” The presence of HIV antibodies is used to determine if someone is infected. Most people will develop antibodies between 2 – 12 weeks after becoming infected, but some people may take as long as 6 months. During the window period, someone may be infected and able to infect others, but test negative on an HIV antibody test.

### **WHAT ARE THE MINORS’ RIGHTS IN HIV TESTING?**

Laws concerning consent and confidentiality for HIV care differ among states. Although public health statutes and legal precedents allow for evaluation and treatment of minors for STDs without parental knowledge or consent, not every state has defined HIV infection explicitly as a condition for which testing or treatment may proceed without parental consent. Therefore, you should seek out more specific information about the rights of minors in your state. More information can be found here: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>.

***Early diagnosis is critical so that you can start effectively managing your health.***