

# HIV/AIDS quiz – answers

## Fact and fiction

1. The Human Immunodeficiency Virus (HIV) is transmitted through the passing of certain bodily fluids (semen, vaginal and cervical secretions, blood, blood products, and organ transplants) from one person to another. Evidence suggests that kissing, love bites, using public toilets, mosquito bites, swimming in a public pool, using someone's toothbrush, sharing a glass, and masturbation are all safe activities. As long as equipment has been sterilised properly, tattooing, going to the dentist and ear piercing are also safe activities. Furthermore, giving blood is safe because clean equipment is used every time. Reasonable precautions should be taken when performing First Aid and mouth-to-mouth resuscitation. It is strongly advised to not share sex toys and razors as these can carry bodily fluids. As information changes all the time it is advisable to keep up to date with information from services such as the Terrence Higgins Trust and the regional or local AIDS Lines.
2. It is not who people are but what they do that puts them at risk. Therefore none of these groups have more of a chance of contracting HIV.
3. We do not know where HIV/AIDS originated. However, this is often a delicate question as it is used to stir up racial tension. For example, Africa has been blamed for its origin.
4. To get an HIV test you can visit an STI (VD) clinic. However, it is important to take an additional test 3 to 4 months after a possible exposure as it often takes this long to incubate.
5. People with the HIV virus are infectious and therefore need to take precautions so that they do not pass the virus on. Giving blood is not an option. Pregnancy is still an option but can put a strain on the immune system, which is something to be considered. Furthermore, babies born from HIV-positive mothers are not automatically born HIV positive.
6. All of these could be symptoms of AIDS but they could also be symptoms of another viral infection. If someone is concerned, the best thing to do is to get themselves checked.



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# HIV/AIDS quiz – answers (2)

7. None of these. People with AIDS can have safe sex; they should not be isolated and many work until they feel they are too ill. Most people with AIDS will die of the syndrome but with new treatments and more scientific knowledge, more people are living longer.
8. If you have AIDS, it is up to you who you tell. It is important to have someone whom you can receive support from. Also it might be important in certain situations to inform people if you feel that your actions have or could have put them at risk. It is also important to consider that some people might discriminate against you. People have been fired for being HIV positive and some life insurance policies might not cover you if you have taken a test.
9. If you have a friend who has the virus, it is important to give them all the support you can. This can include hugging and cuddling. It is important to also respect their wishes as to whether they choose to tell anyone else or not.
10. Heavy petting, kissing and masturbation are low-risk activities. Anal sex and vaginal sex without a condom are high-risk activities. Oral sex without a condom is a medium-risk activity.



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