

Social Studies

Topic 26: Avoiding HIV/AIDS

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1. Find the words to do with **sexually transmitted diseases** in the word search.

<p>R Y P E C U W R B S O R H A C E</p> <p>G B I M R E W A U O E U R T A Y</p> <p>S M A T A A T S R C S L S A T F</p> <p>V H R C O O E H N T T C E K C T</p> <p>H Q K A T K M A I N F E C T H M</p> <p>N T M N F E C W N M A R A S L S</p> <p>E S P D E S R D G I D S P W A B</p> <p>H Y O I V N L I O S D Y E E M S</p> <p>D T G D E A T H A C V P O L Y S</p> <p>H I V A R C N T U A I H C L D S</p> <p>B T I R N I H Y S R R I T I I V</p> <p>S B C W A G E N Z R U L A N A C</p> <p>E T S E I P C S O I S I I G P A</p> <p>I E G F E Z T N G A P S B T E N</p> <p>S Q E H J N O I E G M R E A N U</p> <p>Y Y B E F G D I S E A S E V U J</p>	<p>AIDS</p> <p>bacteria</p> <p>burning</p> <p>cancer</p> <p>candida</p> <p>catch</p> <p>chlamydia</p> <p>death</p> <p>disease</p> <p>fever</p> <p>fight</p> <p>gonorrhoea</p> <p>HIV</p> <p>infect</p> <p>miscarriage</p> <p>rash</p> <p>swelling</p> <p>syphilis</p> <p>ulcer</p> <p>virus</p> <p>wart</p>
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2. Choose the correct words from the list to complete the table that **describes sexually transmitted diseases**. Write your answers in the grid below.

antibiotics	birth waters	condoms	gonorrhoea
infertility	itching	urinary tract	urinating

Disease	Symptoms	Cause	Effects	Prevention	Treatment
Genital warts	small cancer	infection through sexual contact	can cause a) _____	avoid sex with infected persons. Condoms offer only limited protection	none since they are caused by a virus
Chlamydia	often none. If they occur, a nasty-smelling discharge from vagina or penis, pain when urinating or during sex, bleeding between periods	by sexual contact	in women can cause premature births. In men causes other urinary infections. Can also lead to PID	avoid sex with infected persons or use b) _____ Do not switch sexual partners	c) _____
Trichomoniasis	greenish frothy discharge, pain when d) _____ or having sex, vaginal itching. Men do not usually have symptoms	infection through sexual contact	causes e) _____ to break early	avoid sex with infected person or use condoms. Do not switch between sexual partners	antibiotics
Candida (thrush)	itching, swelling, or redness around the vagina (the disease occurs in women)	destruction of friendly bacteria in the gut and f) _____; sexual contact with an infected person	no long-term effects	avoid sex with infected person	anti-candida ointment

Pelvic inflammatory disease (PID)	infection of the reproductive organs e.g. uterus, ovaries, and tubes (disease only occurs in women)	chlamydia, ^{g)} _____, or other infection moving from vagina to reproductive organs	^{h)} _____, ectopic pregnancy	get treatment for chlamydia, gonorrhoea, or urinary infections early	antibiotics; any damage done to the organs cannot be reversed
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Write your answers here:

divorce	disagreements	inherit	borrow
permission	widows	schooling	head

3. Choose the correct words from the list to fill the gaps in the sentences about HIV and AIDS.



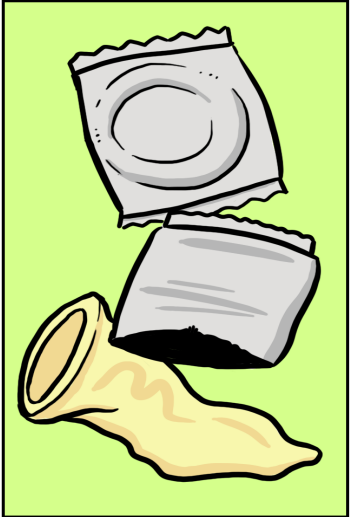
at risk	avoid	catches	co-ordinators
increase	infected	orphans	programme
sexual intercourse	virus		

Many of our people have died of a terrible disease called AIDS. Those who die are often young parents, whose children become ^{a)} _____. They are also usually workers in their best years of life, so not only their families but also our country loses a great deal through their deaths. AIDS takes several years to develop after a person ^{b)} _____ the HIV ^{c)} _____. But once it has developed the ^{d)} _____ person will almost certainly die. So it is much better to ^{e)} _____ catching AIDS if you possibly can, and the time to do that is when you are young. Almost half of young people under the age of nineteen say they have had ^{f)} _____ at least once. This means that many young people are ^{g)} _____. What you do now may affect whether you catch this disease or not, and whether you live to see your grandchildren. AIDS is on the ^{h)} _____ in Rwanda. The government has set up a special ⁱ⁾ _____ to help our country combat HIV and AIDS. There are regional ^{j)} _____, and each sector has a focus person who is responsible for focusing on the disease in their area.

4. Read the text, then use the phrases about **avoiding HIV transmission** to label the pictures. Write your answers in the box below.

If we want to avoid HIV transmission, these are the things to think about:

- If you are nursing someone with AIDS be careful to cover any cut or graze you have on your skin, especially the skin of your hands or face.
- When you are married or have a sexual partner, be faithful and ask him or her to be faithful to you. Keeping one sexual partner throughout life will protect you from catching HIV.
- While you are unmarried, abstain from sex. Abstinence gives the best protection against catching HIV through sex.
- When you have sex, consider using a barrier such as a condom. Wearing a condom during sex helps to prevent HIV being transmitted between sexual partners.

<p>a)</p> 	<p>b)</p> 	<p>c)</p> 
<p>d)</p> 		

Write your answers here:

abstention from sex	cover cuts and grazes	faithful sexual partners	use a condom
a)	b)	c)	d)

5. Make sentences about **the solutions to AIDS** by matching the beginnings and endings. Write your answers in the grid below.

a)	There are differences of opinion	1	a vaccination against HIV infection.
b)	The Roman Catholic Church opposes the use of condoms because it believes	2	are not yet available worldwide.
c)	Most of the major churches and Islamic leaders advise young people to abstain	3	that artificial contraception encourages people to be immoral.
d)	In Western Europe and North America fewer people have	4	to prevent AIDS from developing in HIV-positive people.
e)	In Rwanda most people recommend using	5	from sex until marriage and then be faithful.
f)	Medical researchers are working to find	6	strong religious convictions.
g)	They have already developed anti-viral drugs that help	7	among groups with different beliefs.
h)	But these are expensive and	8	condoms for protection against HIV infection.

Write your answers here:

a)	b)	c)	d)	e)	f)	g)	h)

6. **Underline the correct word to make sentences about HIV and AIDS.**

- HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired ^{a)} **Immoral / Immune** Deficiency Syndrome. The HIV virus causes the AIDS syndrome.
- Someone who has HIV is said to be HIV- ^{b)} **positive / negative**. They may not have ^{c)} (symptoms / symptom) for several years, and seem quite well, but they can ^{d)} **infect / cure** others during this period.
- AIDS is a blood ^{e)} **discharge / disease**. It affects the white blood cells that ^{f)} **fight / reverse** disease. Because these cells are ^{g)} **damaged / unmarried** or destroyed by AIDS, people with the disease cannot fight infections. They become ill and eventually die.
- There are two ways in which HIV is ^{h)} **untreated / transmitted** from one person to another:
 - through sexual intercourse (sex): if a person who has HIV has sex with a healthy person, he or she can ⁱ⁾ **catch / damage** the disease.
 - through the blood: if a person with an ^{j)} **sore throat / open wound**, even a small ^{k)} **cut / drug** comes into contact with the blood or other ^{l)} **body fluids / bowel movements** of an infected person, the virus can be transmitted. This method of transmission also means that
 - ^{m)} **reproductive / hypodermic** needles (used for vaccinations) should be carefully cleaned before they are re-used, ⁿ⁾ **deadly / disposable** ones are even better. Blood products used in hospitals for blood transfusions need to be ^{o)} (screened / married) before they are used. You

cannot catch HIV through ordinary human contact, such as shaking hands, sitting close to someone or hugging them. But ^{p)} **permanent / pregnant** women with HIV can pass the virus to their unborn babies through the placenta. HIV cannot live long outside the human body, except in body fluids.

5. Anti-viral drugs exist and can help someone with AIDS to live longer. They are not widely ^{q)} **available / antibiotic** in Rwanda at present. No traditional medicine has been shown to cure AIDS.

6. You can check whether or not you are HIV-positive by asking for a ^{r)} **blood test / bloody discharge**.

7. HIV is on the ^{s)} **bacteria / increase** in Rwanda. Almost one-third of pregnant women are HIV-positive and may infect their babies. Around 130,000 children under five years old are HIV-positive.

7. Decide which of the following are **gonorrhoea symptoms** and which are **syphilis stages**. Write your answers in the grid below.

a)	If untreated, the disease can become symptom-less for several years. It cannot be caught by another person during this time.
b)	A rash develops, along with headache, fever, sore throat, and tiredness. The person is very infectious during this time.
c)	A swelling of the testicles in men, and bleeding after sex for women.
d)	Can cause blindness, mental illness, heart disease, and death.
e)	A strong-smelling discharge from the vagina (birth passage) or penis (male organ). This is yellow and sometimes bloody.
f)	A burning sensation or pain when urinating.
g)	A painless ulcer appears near the genitals.
h)	Painful bowel movements with blood in faeces.

Write your answers here:

Gonorrhoea symptoms	
Syphilis stages	

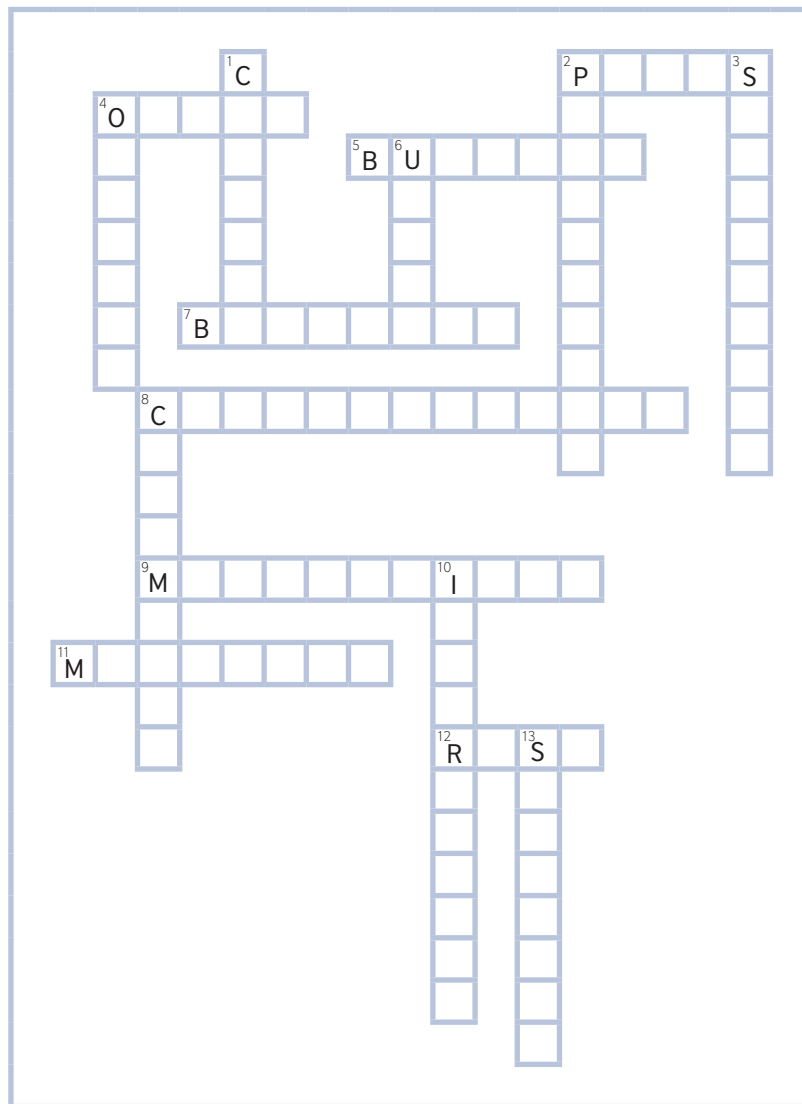
8. Complete the crossword by answering the following questions. All the correct answers are words about **HIV and AIDS**.

Across

2. The part of a man's body that he uses for having sex and for getting rid of liquid waste.
4. A part of your body that does a specific job, such as your heart or brain.
5. Painful sensation, and feeling as if a part of your body is touching something hot.
7. Organisms that consist of a single cell, some cause diseases and others cause decay.
8. Methods for preventing a woman from becoming pregnant, or the use of such methods.
9. The process of giving birth to a baby before it has developed enough to live.
11. A substance that you take to treat an illness, especially a liquid that you drink.
12. An area of small red spots on your skin, caused by an illness or an allergic reaction.

Down

1. A fungus in the body that can cause an infection called thrush.
2. A drug used for treating infections and illnesses caused by bacteria.
3. A birth in which the baby is born dead.
4. Two organs in the body of a woman or other female animal that produce eggs and the sex hormones progesterone and oestrogen.
6. A sore area on the inside of an organ in your body or on your skin that sometimes bleeds or produces a poisonous substance.
7. A disease passed on during sex that can damage your reproductive system.
10. Someone's lack of the physical ability to have children.
13. A serious disease that you can get by having sex with someone who is already infected that can lead to mental illness and death.



Glossary

abstain from	/əb'stein/ verb phrase to deliberately avoid doing something that is enjoyable but that may not be healthy, safe, or morally right.
abstention	/əb'stenʃ(ə)n/ noun [C/U] a decision not to do something, or participate in something.
AIDS	/eidz/ abbr acquired immune deficiency syndrome: a serious disease that destroys the body's immune system and usually causes death.
antibiotic	/,æntibaɪ'ɒtɪk/ adj referring to drugs that cure illnesses and infections caused by bacteria.
antibiotic	/,æntibaɪ'ɒtɪk/ noun [C] a drug that cures illnesses and infections caused by bacteria.
anti-viral	/,ænti'vaɪrəl/ adj drug antiviral drugs are a class of medication used specifically for treating viral infections. Like antibiotics for bacteria, specific antivirals are used for specific viruses.
artificial (contraception)	/,ɑ:(r)ti'fɪʃ(ə)l/ noun phrase methods for preventing a woman from becoming pregnant, or the use of such methods.
at risk	/ət risk/ phrase in a situation where bad things can easily happen to you: used especially by social workers to describe children who are being treated badly by adults at home.
available	/ə'veɪləb(ə)l/ adj able to be obtained, taken, or used
bacteria	/bæk'tɪəriə/ noun plural organisms that consist of a single cell. Some types of bacteria cause diseases and others cause things to decay.
birth waters	/bɜ:(r)θ 'wɔ:tə(r)z/ noun phrase breaking of the birth waters is a sign that labour is underway.
blindness	/'blaɪndnəs/ [U] being unable to see. Some people prefer to use the expression visually impaired
blood	/blʌd/ noun [U] the red liquid that flows around inside your body
blood product	/blʌd 'prɒdʌkt/ noun phrase something that is made, grown, or obtained in large quantities so that it can be sold.
blood test	/blʌd test/ noun phrase a medical test in which a small amount of blood is taken from someone and tested to see if it shows any disease, drugs etc in the body.
bloody discharge	/blʌdi dɪs'tʃɑ:(r)dʒ/ the essential red liquid our body needs leaving the body.
body fluid	/'bɒdi 'flu:ɪd/ noun phrase describes any liquid produced by a human, blood, saliva, during sexual intercourse.
bowel movement	/'bəʊəl 'mu:vmənt/ noun phrase the action of getting rid of solid waste from your body, or the solid waste itself.
burning	/'bɜ:(r)nɪŋ/ adj painful sensation, and feeling as if a part of your body is touching something hot.
cancer	/'kænsə(r)/ noun [C/U] a serious illness caused by a group of cells in the body increasing in an uncontrolled way.
candida	/'kændɪdə/ noun [U] a fungus in the body that can cause an infection called thrush
catch	/kætʃ/ verb [T] to get a disease or illness.
cell (blood)	/sel/ noun [C] the smallest part of a living structure that can operate as an independent unit, in this case for transporting the red liquid in the circulatory system around the body.
chlamydia	/klə'mɪdiə/ noun [U] a disease passed on during sex that can damage your reproductive system.

condom	/ˈkɒndəm/ noun [C] a thin rubber tube that a man covers his penis with during sex, in order to prevent a woman from becoming pregnant or to protect against sexual diseases.
contraception	/ˌkɒntrəˈsepʃ(ə)n/ noun [U] methods for preventing a woman from becoming pregnant, or the use of such methods.
coordinator	/kəʊˈɔː(r)dɪˌneɪtə(r)/ noun [C] someone whose job is to organize the various parts of an activity and make sure that all the people involved work well together.
cure	/kjʊə(r)/ verb [T] give medicine or treatment that makes someone who is ill become healthy.
cut	/kʌt/ noun [C] an injury on your skin where something sharp has damaged it.
damage	/ˈdæmɪdʒ/ noun [U] physical harm caused to something so that it is broken, spoiled, or injured.
damage	/ˈdæmɪdʒ/ verb to harm something physically so that it is broken, spoiled, or injured.
deadly	/ˈdedli/ adj able or likely to kill people.
death	/deθ/ noun [C/U] the state of being dead.
die of	/daɪ/ verb phrase to stop being alive due to or because of something
discharge	/dɪsˈtʃɑː(r)dʒ/ noun [C/U] a liquid that comes out from a part of someone's body when they are ill.
disease	/dɪˈziːz/ noun [C/U] illness that affects people or animals, especially one that is caused by infection.
disposable	/dɪˈspəʊzəb(ə)l/ adj something that is disposable is designed to be thrown away after you have used it once or a few times.
drug	/drʌg/ noun [C] an illegal substance that affects someone physically or mentally when they take it.
faeces	/ˈfiːsiːz/ noun plural solid waste from your body.
faithful	/ˈfeɪθf(ə)l/ adj continuing to support someone or be their friend, even in a difficult situation.
fever	/ˈfiːvə(r)/ noun [C/U] a medical condition in which the temperature of your body is very high and you feel ill.
fight	/faɪt/ verb [I/T] if people do this, they use guns or other weapons against each other.
genitals	/ˈdʒenɪt(ə)lz/ noun plural the outer sex organs of a person or animal.
gonorrhoea	/ˌɡɒnəˈriːə/ noun [U] a disease affecting the sex organs that is passed on during sex.
graze	/greɪz/ verb [T] to break the surface of your skin, for example when you fall to the ground.
have sex	/seks/ verb phrase the activity in which people kiss and touch each other's sexual organs, which may also include sexual intercourse.
headache	/ˈhedeɪk/ noun [C] a pain in your head.
heart disease	noun phrase a serious medical condition affecting your heart.
HIV	/ˈeɪf aɪ ˈviː/ abbr human immunodeficiency virus: a virus that can cause aids and is usually passed to someone else by having sex.
HIV-positive	/ˈeɪf aɪ ˈviː ˈpɒzətɪv/ adj phrase infected with HIV.
hug	/hʌg/ verb [I/T] to put your arms round someone to show your love or friendship.

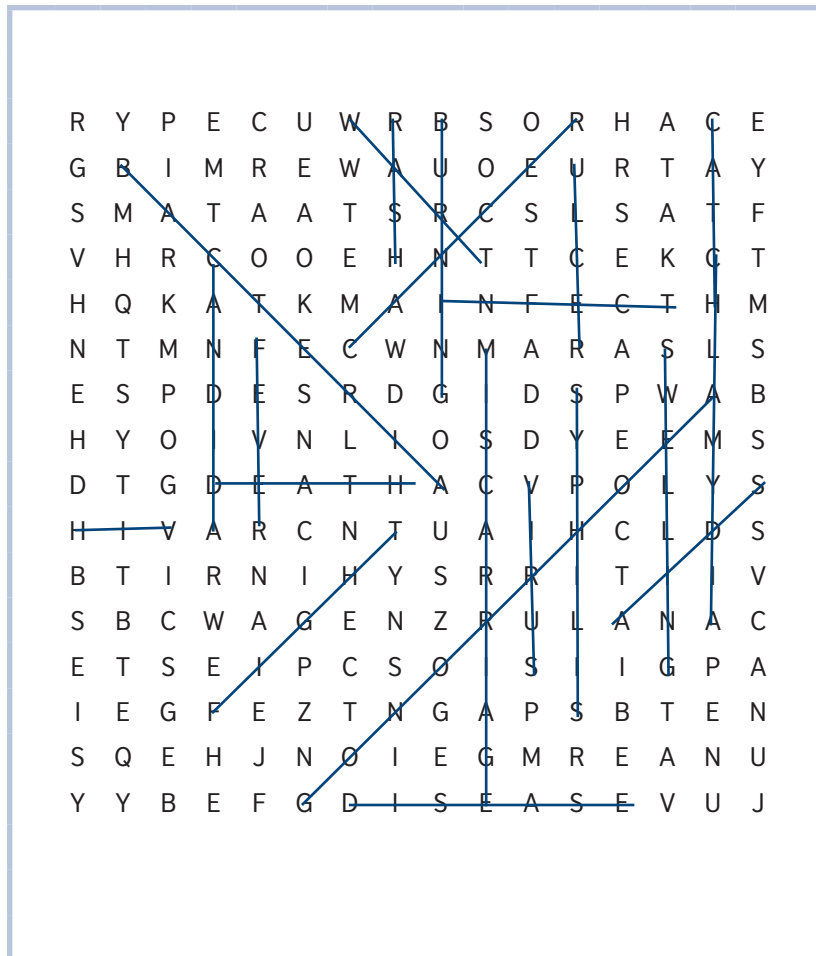
hypodermic	/ˌhaɪpəˈdɜː(r)mɪk/ adj a narrow plastic tube with a needle used for putting drugs into your body through the skin, <i>hypodermic needle</i> .
ill	/ɪl/ adj not healthy, because of a medical condition or an injury.
immoral	/ɪˈmɒrəl/ adj morally wrong.
increase	/ɪnˈkriːs/ verb [I] to become larger in amount or number.
infect	/ɪnˈfekt/ verb [T] to make someone get a disease, that can be spread from one person to another.
infected person	/ɪnˈfektɪd ˈpɜː(r)s(ə)n/ noun phrase someone who has a disease that can be spread to others.
infertility	/ˌɪnfə(r)ˈtɪləti/ noun [U] someone's lack of the physical ability to have children.
itching	/ɪtʃ/ verb progressive if your skin itches, you have an unpleasant feeling that makes you want to scratch it.
long-term	adj continuing to exist, be relevant, or have an effect for a long time in the future.
married	/ˈmærid/ adj a person who is this has a husband or wife.
medicine	/ˈmed(ə)s(ə)n/ noun [C/U] a substance that you take to treat an illness, especially a liquid that you drink.
miscarriage	/ˈmɪskærɪdʒ/ noun [C/U] the process of giving birth to a baby before it has developed enough to live.
needle	/ˈniːd(ə)l/ noun [C] a very thin sharp metal tube used for putting medicine or drugs into your body, or for taking blood out. It is fixed to a plastic tube called a syringe.
nurse	/nɜː(r)s/ verb [T] to look after ill or injured people, usually in a hospital, by someone who is trained.
open	adj a wound that is not covered or enclosed.
organ	/ˈɔː(r)ɡən/ noun [C] a part of your body that does a specific job, such as your heart or brain. Your vital organs are the organs that you cannot live without.
orphan	/ˈɔː(r)f(ə)n/ noun [C] a child whose parents have died.
ovaries	/ˈəʊv(ə)rɪz/ noun plural two organs in the body of a woman or other female animal that produce eggs and the sex hormones progesterone and oestrogen.
painful	/ˈpeɪnf(ə)l/ adj if part of your body is this, it hurts.
penicillin	/ˌpenəˈsɪlɪn/ noun [U] a drug used for treating infections and illnesses caused by bacteria.
penis	/ˈpiːnɪs/ noun [C] the part of a man's body that he uses for having sex and for getting rid of liquid waste
period	/ˈpiəriəd/ noun [C] the time about once a month when a woman who is not pregnant menstruates.
permanent	/ˈpɜː(r)mənənt/ adj happening or existing for a long time or for all time in the future.
Pelvic inflammatory disease PID	/ˈpelvɪk ɪnˈflæmət(ə)rɪ diˈziːz/ noun phrase a serious complication of some sexually transmitted diseases (STDs), especially chlamydia and gonorrhea.
placenta	/pləˈsentə/ noun [C] the organ through which a baby is connected to its mother's blood supply in her womb before birth.
pregnant	/ˈpregnənt/ adj describes a female with a baby developing inside her body.
programme	/ˈprəʊɡræm/ noun [C] a plan of activities for achieving something, <i>AIDS programme</i> .

rash	/ræʃ/ noun [C] an area of small red spots on your skin, caused by an illness or an allergic reaction to something that you have touched, eaten.
reproductive	/ˈriːprəˈdʌktɪv/ adj relating to the process of having babies or producing young animals or plants, <i>reproductive organs</i> .
reverse	/rɪˈvɜː(r)s/ verb [T] to change the order or development of a process, or a disease.
screen	/skriːn/ verb [T] to test someone to find out if they have a particular illness.
sensation	/senˈseɪʃ(ə)n/ noun [C] a physical feeling.
sexual intercourse	/ˈsekʃʊəl ˈɪntə(r),kɔː(r)s/ noun phrase the act of having sex, especially sex between a man and woman in which the man puts his penis inside the woman's vagina.
sexual partner	/ˈsekʃʊəl ˈpɑː(r)tənə(r)/ noun phrase someone who you have a sexual relationship with.
shake hands	/ʃeɪk hændz/ verb phrase to hold someone's hand and move it up and down several times as a way of greeting them or of showing that you agree to something.
skin	/skɪn/ noun [C/U] the outer layer of a person's or animal's body.
sore throat	noun phrase painful and uncomfortable inner part of the neck, usually as a result of an infection.
sperm	/spɜː(r)m/ noun [C] a cell from a man that fertilizes the egg inside a woman's body and makes her pregnant.
sexually transmitted disease STD	/ˌsekʃʊəli trænsmɪtɪd diˈziːz/ noun phrase any disease that you get from having sex with an infected person, for example aids or syphilis.
stillbirth	/ˈstɪlˌbɜː(r)θ/ noun [C] a birth in which the baby is born dead
swelling	/ˈswelɪŋ/ noun [C] an area of your body that has increased in size as a result of an injury or an illness.
symptom	/ˈsɪmptəm/ noun [C] a sign that someone has an illness
syphilis	/ˈsɪfəlɪs/ noun [U] a serious disease that you can get by having sex with someone who is already infected with the disease
testicle	/ˈtestɪk(ə)l/ noun [C] one of two round male sex organs that hang in a bag of skin behind the penis
tract	/trækt/ noun phrase a group of organs and tubes that work together in your body, <i>urinary tract</i> .
transmission	/trænzˈmɪʃ(ə)n/ noun [U] a process by which a disease spreads from one person to another.
transmit	/trænzˈmɪt/ verb [T] to spread a disease from one person to another.
ulcer	/ˈʌlsə(r)/ noun [C] a sore area on the inside of an organ in your body or on your skin that sometimes bleeds or produces a poisonous substance.
unborn	/ʌnˈbɔː(r)n/ adj a child which is this is still inside its mother's womb.
unmarried	/ʌnˈmæɪrɪd/ adj a man or woman who has not yet become a husband or wife.
untreated	/ʌnˈtriːtɪd/ adj receiving no medical treatment.
urinate	/ˈjʊərɪneɪt/ verb [T] to get rid of urine from your body
uterus	/ˈjuːt(ə)rəs/ noun [C] the organ in a woman's body where babies grow. A less technical name for this is womb.
vagina	/vəˈdʒaɪnə/ noun [C] a woman's main sex organ, consisting of a tube that connects the outer sex organs to the womb.

virus	/ˈvaɪrəs/ noun [C] a simple living thing that is smaller than bacteria and that can enter your body and make you ill.
wart	/wɔː(r)t/ noun [C] a small hard lump that grows on your skin, for example on your neck or hand, and is caused by a virus.
wound	/wuːnd/ noun [C] an injury in which your skin or flesh is damaged, usually seriously.

Key:

1.



2. a) itching, b) condoms, c) antibiotics, d) urinating, e) birth waters, f) urinary tract, g) gonorrhoea, h) infertility

3. a) orphans, b) catches, c) virus, d) infected, e) avoid, f) sexual intercourse, g) at risk, h) increase, i) programme, j) co-ordinators

4. a) cover cuts and grazes, b) faithful sexual partners, c) abstention from sex, d) use a condom

5. a) 7, b) 3, c) 5, d) 6, e) 8, f) 1, g) 4, h) 2

6. a) immune, b) positive, c) symptoms, d) infect, e) disease, f) fight, g) damaged, h) transmitted, i) catch, j) open wound, k) cut, l) body fluids, m) hypodermic, n) disposable, o) screened, p) pregnant, q) available, r) blood test, s) increase

7.

Gonorrhoea symptoms	c), e), f), h)
Syphilis stages	g), b), a), d)

8. **Across:** 2. penis, 4. organ, 5. burning, 7. bacteria, 8. contraception, 9. miscarriage, 11. medicine, 12. rash; **Down:** 1. candida, 2. penicillin, 3. stillbirth, 4. ovaries, 6. ulcer, 7. chlamydia, 10. infertility, 13. syphilis