

Civic Education – SS1 First Term

Week 5: HIV/AIDS II – Prevention, Stigmatization & Support for PLWHA

Lesson Objectives

By the end of this lesson, students should be able to:

1. List and explain the **preventive measures** for HIV/AIDS.
 2. Define and describe **stigmatization** and its effects.
 3. Identify various **ways to support and care** for People Living With HIV/AIDS (PLWHA).
 4. Demonstrate empathy, understanding, and responsibility in relating to PLWHA.
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Introduction

HIV/AIDS is a disease that has affected millions of people globally, including many families in Nigeria. Even though it has no cure, it can be prevented and managed. Apart from the physical effects of the disease, many people also suffer emotionally and socially due to **discrimination** or **stigma**.

This lesson focuses on how we can **prevent HIV**, treat those infected with **compassion**, and work as responsible citizens to stop the spread of the disease through **awareness, support, and education**.

1. Preventive Measures Against HIV/AIDS

Prevention refers to the actions or behaviors we can take to **avoid getting infected** with HIV or **spreading it** to others. Since there is **no permanent cure** for HIV/AIDS yet, **prevention is the best protection**.

Major Preventive Measures

1. **Abstinence**
 - This means **not engaging in sexual activity**, especially as a teenager or unmarried person.
 - It is the safest and most reliable way to avoid sexually transmitted HIV.
2. **Faithfulness to One Uninfected Partner**
 - Married couples should remain loyal to each other.

- Both partners should be tested before marriage and avoid extra-marital affairs.
 - 3. **Use of Condoms**
 - Condoms help reduce the risk of HIV during sexual intercourse.
 - They must be **used correctly and consistently** to be effective.
 - 4. **Avoid Sharing Sharp Objects**
 - Never share needles, razors, clippers, or blades.
 - At barbing salons or during piercings, make sure tools are new or sterilized.
 - 5. **Ensure Safe Blood Transfusion**
 - Blood for transfusion must be **tested and certified HIV-free**.
 - Only go to **registered hospitals or clinics** for transfusions.
 - 6. **Use of Sterile Medical Equipment**
 - Injections, surgical tools, and dental equipment must be sterilized.
 - Health workers should wear gloves and follow hygienic procedures.
 - 7. **Preventing Mother-to-Child Transmission**
 - HIV-positive pregnant women should take antiretroviral drugs (ARVs).
 - These reduce the risk of passing the virus to the baby during delivery or breastfeeding.
 - 8. **Public Education and Enlightenment**
 - Everyone should be taught about HIV/AIDS in schools, churches, mosques, radio, and TV.
 - The more people understand, the better they can protect themselves.
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2. Stigmatization

Definition

Stigmatization is the act of **treating people unfairly or differently** because of their health status — in this case, because they are **HIV-positive or have AIDS**.

Forms of Stigmatization

- **Name-calling** (e.g., calling someone “walking corpse,” “dirty,” or “hopeless”)
 - **Avoiding or isolating** people with HIV/AIDS
 - **Refusing to hire** or retain someone at work because they are HIV-positive
 - **Expelling** HIV-positive students from school
 - **Breaking friendships** or relationships with PLWHA
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Effects of Stigmatization

1. **Fear and Depression**
 - Victims may become emotionally weak and sad.
 - They may lose self-esteem and confidence.

2. **Delay in Seeking Medical Help**
 - People may hide their status or avoid testing for fear of rejection.
 3. **Social Isolation**
 - Friends, family, and community may turn away from them.
 4. **Spread of the Disease**
 - If people are afraid to speak up or seek help, the virus spreads silently.
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How to Avoid Stigmatization

- Learn the **truth** about HIV/AIDS.
 - Treat PLWHA with **respect, love, and compassion**.
 - Speak out against bullying or mockery.
 - Promote inclusion and kindness.
 - Encourage others to go for testing without fear.
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3. Solutions and Support for People Living With HIV/AIDS (PLWHA)

People with HIV can live long and fulfilling lives if they receive **early diagnosis, proper treatment, and community support**.

Solutions and Support Strategies

1. **Awareness Campaigns**
 - Organize rallies, radio/TV programs, school seminars, and market outreaches.
 - Focus on preventing the spread and encouraging compassion, not fear.
2. **Health Education and Enlightenment**
 - Use posters, leaflets, school clubs, drama, and social media to share correct information.
3. **Government Support**
 - Free or subsidized ARV (antiretroviral) drugs.
 - Free HIV testing and counseling centers.
 - Enforcing laws against discrimination.
4. **Counseling Services**
 - Emotional and psychological support through trained counselors.
 - Support groups help PLWHA share experiences and build confidence.
5. **Legal Protection**
 - Enforce laws to **protect PLWHA from workplace, school, and social discrimination**.
6. **Promoting Testing and Early Treatment**
 - Encourage people to know their status.
 - Early treatment helps prevent progression to AIDS.

7. Community and Religious Support

- Religious leaders should preach **love and acceptance**.
 - Communities should avoid spreading rumors and isolate myths.
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Real-Life Scenario for Discussion

A 14-year-old boy finds out that his mother has HIV. His classmates begin to laugh at him and avoid him. Some teachers also start treating him differently. He becomes sad and drops out of school.

Discussion Questions:

- Is it right to treat someone this way?
 - What could have been done differently?
 - How should we behave towards his mother and him?
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Classwork / Discussion Questions

1. Define stigmatization and give two examples.
 2. List and explain four preventive measures against HIV/AIDS.
 3. Suggest three ways to support PLWHA.
 4. Why is it dangerous to stigmatize people living with HIV?
 5. How can schools help reduce the spread of HIV/AIDS?
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Homework / Take-Home Assignment

1. What are **five preventive measures** for HIV/AIDS?
 2. Explain **three effects** of stigmatization.
 3. List **four support strategies** for people living with HIV/AIDS.
 4. Design a **poster message** promoting love and acceptance of PLWHA.
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Classroom Activity Suggestion

Group Role Play:

Theme: “Everyone deserves respect — HIV or not.”

- Group 1: Acts as people mocking a student living with HIV.
- Group 2: Plays defenders who speak against the discrimination.

- **Debrief Discussion:** What did we learn? How can we change our mindset?
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Summary

- HIV/AIDS can be prevented through abstinence, faithfulness, safe sex, sterile instruments, and testing.
- **Stigmatization** is wrong and harmful. It causes emotional pain and delays treatment.
- PLWHA need **support**, not shame.
- Society should provide health care, education, protection, and encouragement to PLWHA.
- **Empathy, awareness, and education** are the best tools against HIV/AIDS.