



HIV for ESL: Upper Intermediate

The aim of this lesson is to introduce and clarify the vocabulary necessary for students to understand and ask questions about the ways HIV can be transmitted and prevented. This lesson can be adapted for students of different ability levels.

See our [Teachers Information Pack](#) for a comprehensive guide to HIV and AIDS so that you have all the information you need.

Duration: 60 min

Target Audience: Upper Intermediate

Curriculum Areas: English as a Second Language, Life Skills

Learning Outcomes: By the end of the lesson students will

- be able to use and understand the target vocabulary
- have thought about and discussed issues of discrimination and stigma
- understand the basics of HIV transmission and prevention
- practiced all 4 skills: reading, writing, listening, and speaking

Additional Notes:

Assumed vocabulary refers to the vocabulary that you assume the students already understand/ are comfortable using. The target vocabulary and assumed vocabulary used in these lessons may vary according to the level of your group. You may wish to adapt the lesson by adding some of the assumed vocabulary to the target vocabulary list, or visa versa.





Lesson Plan:

Timing	Activity	Materials
<p>Introduction (15 min)</p>	<p>Before class write a few cryptic sentences up on the board. Ask the students to take a minute to read and think about them and then have them discuss as a class what they think the lesson is about. If no one gets it prompt with a few less cryptic sentences.</p> <p>Interaction: Full class</p> <p>Give students Worksheet 1: True or false sentences. With the person they are sitting next to they should decide if each statement is true or false. You will need a copy for everyone as it relates to the listening exercise.</p> <p>Interaction: Small groups Feedback: Full class</p>	<p>Read the online resources prior to class or print out the Teachers' Information Pack</p> <p>Teacher Resource: Suggested cryptic sentences</p> <p>Student Resource: Worksheet 1</p>
<p>Listening Exercise (20 min)</p>	<p>Read out the article on HIV transmission and prevention or play the audio recording from the Rafi.ki website. Ask students to use the information to confirm whether the statements are true or false and then answer the questions.</p> <p>Interaction: individual Check answers: Pairs Feedback: Full class</p>	<p>Article for listening exercise</p>





<p>Clarification of Core Vocabulary</p> <p>(5 min)</p>	<p>Hand out Worksheet 2: listening transcript with core vocabulary gap fill.</p> <p>Ask students to look at the words in the definitions box at the top. Use the target vocabulary definitions sheet to help explain these key terms. Whenever possible try and elicit these meanings from the students by using the context of the lesson. As you go along ask students to fill in the definitions box. This means that each student will take away a set of definitions that is specific to their level.</p>	<p>Student Resource: Worksheet 2</p> <p>Teacher Resource: Target vocabulary definitions sheet</p>
<p>Reading Exercise</p> <p>(10 min)</p>	<p>Ask students to use what they have just learnt to complete the gap fill exercise on Worksheet 2.</p> <p>Interaction: Small groups Feedback: Full class</p>	
<p>Writing Exercise/ Closing Discussion</p> <p>(10 min)</p>	<p>Ask students to work together to write 1 or 2 questions that they have about HIV. You can answer these privately or as a class as seems appropriate. Upload them onto Rafi.ki here</p> <p>Interaction: pairs or small groups</p>	<p>Internet access and Rafi.ki login details</p>
<p>Assessment for learning/ checking understanding</p>	<p>Writing exercise: Can students use the vocabulary appropriately to form questions?</p>	
<p>Suggested Homework Activities</p>	<p>Ask students to create a short pamphlet/ leaflet on HIV transmission and its prevention.</p>	





Materials for teaching Upper Intermediate

Contents

- Suggested Cryptic Sentences
- Worksheet 1: True or False Sentences – student resource
- Article for Listening Exercise – teachers resource
- Target Vocabulary Definitions Sheet – teachers resource
- Worksheet 2: Gap Fill Reading Exercise

Suggested Cryptic Sentences

1. There are now an estimated 33.3 million people around the world who are living with this disease...
2. One third of people living with this disease in the UK have experienced discrimination...
3. If people are diagnosed early and respond to treatment they can live long, healthy lives...
4. The virus is transmitted through unprotected sex, using infected needles to inject drugs, and from mother to child during pregnancy, childbirth, or breast-feeding...





Worksheet 1: True or False Sentences

Instructions:

1. Read the following statements and decide if they are true (T) or false (F)
2. Listen to the article. Check if the statements are true or false
3. Listen to the article again and answer the questions.

Exercise:

5. There are now an estimated 33.3 million people around the world who are living with HIV.
6. You can catch HIV by kissing, shaking hands, or being bitten by mosquitoes
7. If people are diagnosed early and respond to treatment they can live long, healthy lives.
8. HIV and AIDS are the same thing.
9. The HIV virus can be transmitted through unprotected sex and using infected needles to inject drugs.
10. Only men who have sex with men can catch HIV
11. Women who are HIV positive will definitely have HIV positive children

Questions:

1. How many people became infected with HIV in 2009?
2. Give 2 other ways that HIV can be transmitted:
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 -
3. Give 3 ways that HIV transmission can be prevented:
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Vocabulary Box

Estimate – a general idea about the size or number of something.

Condoms – something men use during sex to stop the woman getting pregnant.
See below



Shaking hands – see below



Mosquito – a small insect that bites you and drinks blood. See below.





Article for Listening Exercise

Read this article to the group and ask them to correct whether the sentences are true or false. The answers to the statements are highlighted in the text.

"HIV is a virus. Viruses such as HIV cannot grow or reproduce on their own - they need to infect living cells in order to grow. The human immune system usually finds and kills viruses fairly quickly, but HIV attacks the immune system itself - the very thing that would normally fight a virus.

With around 2.6 million people becoming infected with HIV in 2009, there are now **an estimated 33.3 million people around the world who are living with HIV**, including millions who have developed AIDS.

HIV and AIDS are not the same thing. HIV causes AIDS by damaging the immune system cells until the immune system can no longer fight off other infections that it would usually be able to prevent.

There are several ways a person can become infected with HIV: **Unprotected sexual activity with an infected person, contact with an infected person's blood, using infected needles to inject drugs**, or from mother to child during pregnancy, childbirth, and breastfeeding. **If a mother who is HIV positive has correct treatment during her pregnancy she can still have an HIV negative baby. You cannot catch HIV from activities like kissing, shaking hands, or being bitten by mosquitoes.**

Anybody can catch HIV, whether they are having sex with men or women, but there are lots of ways to protect yourself like using a condom every time you have sex, abstaining from having sex, or being faithful to just one person who you know is HIV negative. There is no cure for HIV but if everyone takes these





precautions we can start to control the AIDS epidemic!

Thanks to modern medicine, having a positive HIV status doesn't mean that you're life is over anymore! **If people are diagnosed early and respond to treatment they can live long, healthy lives. “**



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Target Vocabulary Definitions Sheet

Target Vocabulary

1. **Protected sexual activity** – ‘safer sex’. Sexual activity where a condom is used correctly/ **Unprotected sexual activity** – ‘unsafe sex’. Sexual activity where a condom is not used or not used correctly
2. **Epidemic** – something (usually a disease) which affects an extremely large number of people at the same time
3. **Immune System** – the body’s defence against infections
4. **Abstinence** – not taking part in any kind of sexual activity
5. **Positive status** – When a person has HIV / **Negative status** – When a person does not have HIV
6. **Diagnosed** – When you are known to have a certain illness based on tests or symptoms
7. **Inject** – to use a needle to force fluid into your bloodstream

Assumed vocabulary

1. Cure
2. Condoms
3. Virus
4. Transmit
5. Infect
6. Infection
7. Breast-feeding
8. Treatment
9. Reproduce
10. Cells
11. Precautions





Worksheet 2: Gap Fill Reading Exercise

1. Instructions: Complete the box below with definitions of the words you have just learnt about.

Vocabulary	Definition
Protected sexual activity	
Unprotected sexual activity	
Epidemic	
Immune System	
Abstinence	
Positive status	
Negative status	
Diagnosed	
Inject	





2. Instructions: Read the article and use the words below to fill in the gaps. You may need to change the form of some words.

“HIV is a virus. Viruses such as HIV cannot grow or reproduce on their own - they need to infect living cells in order to grow. The human _____ usually finds and kills viruses fairly quickly, but HIV attacks the _____ itself – the very thing that would normally fight a virus.

With around 2.6 million people becoming infected with HIV in 2009, there are now an estimated 33.3 million people around the world who are living with HIV, including millions who have developed AIDS.

HIV and AIDS are not the same thing. HIV causes AIDS by damaging the _____ cells until the _____ can no longer fight off other infections that it would usually be able to prevent.

There are several ways a person can become infected with HIV: _____ with an infected person, contact with an infected person's blood, using infected needles to _____ drugs, or from mother to child during pregnancy, childbirth, and breast-feeding. If a mother who is _____ has correct treatment during her pregnancy she can still have an HIV negative baby. You cannot catch HIV from activities like kissing, shaking hands, or being bitten by mosquitoes.

Anybody can catch HIV, whether they are having sex with men or women, but there are lots of ways to protect yourself like using a condom every time you have sex, _____ from having sex, or being faithful to just one person who you know is _____. There is no cure for HIV but if everyone takes these precautions we can start to control the AIDS _____!

Thanks to modern medicine, having a positive HIV _____ doesn't mean that you're life is over anymore! If people are _____ early and respond to treatment they can live long, healthy lives. “

Unprotected sexual activity	Epidemic	Immune system	Abstaining	HIV negative
HIV positive	Status	Diagnosed	Inject	



Vocabulary Box

Cure – something that stops you from being ill

Precautions – something that is done to prevent problems in the future

Reproduce – to copy, increase in number

Condoms - a form of contraception. Contraception is used to prevent pregnancy. See below.

