

KINDERGARTEN HIV EDUCATION

Kindergarten lessons include basic concepts and skills that students will need for lifelong health, as well as future HIV prevention instruction.

Lesson #	Lesson Title	Concept and Skill Focus
1	Being Healthy	▪ Learning basic habits to maintain good health. ▪ Practicing health behaviors to maintain or improve health.
2	Stopping Germs in Their Tracks	▪ Learning how germs cause illness. ▪ Learning the different ways to prevent the spread of germs and getting sick.
3	My Amazing Body Belongs to Me!	▪ Learning body parts related to the immune system, and the medical terms for genitals. ▪ Telling a trusted adult if touched in an unsafe or uncomfortable way.
4	My Healthy Body Boundaries	▪ Setting boundaries and learning how to respect the boundaries of others. ▪ Learning that no one has the right to touch someone without their permission. ▪ Telling a trusted adult if touched in an unsafe or uncomfortable way.
5	Finding My Trusted Adult	▪ Understanding trust and what makes a trusted adult. ▪ Identifying trusted adults who can help when someone is sick or feels unsafe.

GRADE ONE HIV EDUCATION

Grade one lessons include basic concepts and skills that students will need for lifelong health, as well as future HIV prevention instruction.

Lesson #	Lesson Title	Concept and Skill Focus
1	Diseases: How We Get Them, How We Prevent Them	▪ Learning how some illnesses are easily passed, hard to pass, and cannot be passed from one person to another. ▪ Learning how to prevent the spread of germs, including vaccines.
2	Superhero Immune System!	▪ Learning what germs are and how they can cause someone to get sick. ▪ Understanding how the immune system works.
3	Learning about Boundaries	▪ Communicating boundaries. ▪ Managing rejection (How to deal with a friend saying “no”).
4	Being a Helpful Friend	▪ Understanding what makes a good friend and how to be one. ▪ Identifying a trusted adult to support a friend who needs help to be healthy and safe.
5	Building Empathy	▪ Defining empathy. ▪ Learning how to treat others with empathy to maintain healthy friendships.

GRADE TWO HIV EDUCATION

Grade two lessons include basic concepts and skills that students will need for lifelong health, as well as future HIV prevention instruction.

Lesson #	Lesson Title	Concept and Skill Focus
1	Germes Make Us Sick	▪ Learning how germs can make people sick. ▪ Learning different ways to build a healthy immune system to prevent sickness. ▪ Creating healthy goals to help the body fight sickness.
2	The Incredible Immune System!	▪ Understanding how the immune system works to fight germs. ▪ Learning basic habits to help keep the immune system healthy.
3	Understanding Chronic Disease	▪ Learning the difference between diseases that are chronic and non-chronic. ▪ Practicing how to show kindness to someone with a chronic disease.
4	Blood Safety	▪ Understanding that some diseases can spread through blood. ▪ Practicing healthy behaviors to prevent the spread of germs when blood is present.
5	Medicine Safety	▪ Understanding how and why to take medicine correctly. ▪ Identifying trusted adults who can help someone who is sick or needs help.

GRADE THREE HIV EDUCATION

Grade three lessons include basic concepts and skills that students will need for lifelong health, as well as future HIV prevention instruction.

Lesson #	Lesson Title	Concept and Skill Focus
1	Healthy Hygiene Habits	▪ Learning the importance of personal hygiene. ▪ Creating a goal to start or continue a healthy habit.
2	Let's Talk about Germs	▪ Learning about different germs and how they can cause illness. ▪ Practicing handwashing to stop the spread of germs.
3	Communicating Symptoms	▪ Learning about basic symptoms that indicate someone might be sick. ▪ Talking with trusted adults about sickness symptoms.
4	What is HIV?	▪ Defining HIV and its impact on the immune system. ▪ Learning how HIV can be passed from one person to another through blood, and how it cannot be passed. ▪ Understanding that HIV is an illness that people can live with and manage throughout their lives.
5	Three Steps for Decision Making About Health	▪ Identifying factors that can help people make healthy decisions. ▪ Practicing how to make a healthy choice using decision-making steps.

GRADE FOUR HIV EDUCATION

Grade four lessons include basic concepts and skills that students will need for lifelong health and compassion toward people living with HIV.

Lesson #	Lesson Title	Concept and Skill Focus
1	Contagious Diseases	▪ Learning the difference between diseases that can and cannot spread from one person to another. ▪ Describing symptoms of common illnesses. ▪ Identifying a trusted adult to ask for help if experiencing a problem related to health.
2	HIV Basics	▪ Learning about the difference between HIV and AIDS. ▪ Understanding how HIV can and cannot be passed to someone else.
3	Effective Communication and Our Health	▪ Learning methods to clearly communicate with others. ▪ Practicing how to speak to others about HIV.
4	Advocating for Myself	▪ Learning what it means to advocate for yourself and others. ▪ Learning how to speak up for yourself if you are being treated unfairly or need help from others.
5	Advocating for Others	▪ Learning what it means to be prejudiced and how to recognize examples of prejudice. ▪ Creating an advocacy plan to address a problem in a school community.

GRADE FIVE HIV EDUCATION

Grade five lessons include basic concepts and skills that students will need for future HIV instruction, as well as for lifelong health and compassion toward people living with HIV.

Lesson #	Lesson Title	Concept and Skill Focus
1	What Do You Know about HIV?	▪ Learning basic ways HIV is transmitted from one person to another. ▪ Understanding how people living with HIV can lead healthy lives through taking medication.
2	What is Stigma?	▪ Defining stigma and discrimination ▪ Learning how to treat people living with HIV, or any other physical or mental illness, as equal members fairly and with kindness.
3	Identifying Reliable Health Information	▪ Identifying trusted adults and up-to-date factual sources to learn about HIV and AIDS. ▪ Learning how to review a resource to determine if it has accurate information about HIV.
4	Advocating for Healthy Communities	▪ Learning about the rights all children in New York have to health care and education. ▪ Identifying barriers that can make it challenging for some children to attend school or get health care. ▪ Practicing how to advocate for changes to improve the health of kids in New York.
5	Respect for All	▪ Reviewing the steps that can be used to advocate for yourself and others. ▪ Practicing how to respond to a situation where someone is being bullied because of a health problem.