

How to Use This Presentation



- To View the presentation as a slideshow with effects select “**View**” on the menu bar and click on “**Slide Show.**”
- To advance through the presentation, click the right arrow key or the space bar.
- From the resources slide, click on any resource to see a presentation for that resource.
- From the Chapter menu screen click on any lesson to go directly to that lesson’s presentation.
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Chapter menu

Resources

Resources



Chapter Presentation

Image and Activity Bank

Transparencies

Brain Food Video Quiz

Bellringers

Quotes About Character

Chapter Menu

Quotes About Character



“An individual step in character training is to put responsibility on the individual.”

—Robert Baden-Powell



[Chapter menu](#)

[Resources](#)

What's Your Health IQ?

KNOWLEDGE

Which of the statements below are true, and which are false? Check your answers on p. 642.

1. Even young and healthy people are at risk of becoming infected with HIV.
2. You cannot tell if a person is infected with HIV just by looking at him or her.
3. You can get HIV after shaking hands with a person infected with HIV.
4. If you drink from a water fountain after a person infected with HIV has, you are at risk of becoming infected with HIV.
5. You cannot become infected with HIV by using a toilet after a person infected with HIV has used it.
6. You are not at risk of becoming infected with HIV by kissing the cheek of a person infected with HIV.
7. If you donate blood at the blood bank, you are at risk of becoming infected with HIV.
8. Most people who are infected with HIV know they are infected and will warn others that they are infected.



Contents

- **Section 1** HIV and AIDS Today
- **Section 2** Understanding HIV and AIDS
- **Section 3** Protecting Yourself from HIV and AIDS



Chapter menu

Resources



Bellringer

- List three reasons you think the number of HIV cases in teens is rising.





Objectives

- **Distinguish** between an HIV infection and AIDS.
- **Name** the three areas in the world that have the greatest number of people living with HIV/AIDS.
- **Compare** the number of people in the United States living with HIV infection to the number of people in the United States living with AIDS.
- **Summarize** why teens are one of the fastest-growing groups infected with HIV.





What Are HIV and AIDS?

- **Human immunodeficiency virus (HIV)** is the virus that primarily affects cells of the immune system and that causes AIDS.
- **Acquired immune deficiency syndrome (AIDS)** is the disease that is caused by the HIV virus, which weakens the immune system.





What Are HIV and AIDS?

- People with AIDS cannot fight off illnesses that a healthy immune system could normally defeat.
- It usually takes 5 to 10 years before a person infected with HIV develops AIDS.





HIV Around the World

- AIDS is a **pandemic**, a disease that spreads quickly through human populations all over the world.
- More than 20 million people have died from AIDS since HIV was first discovered around 20 years ago.





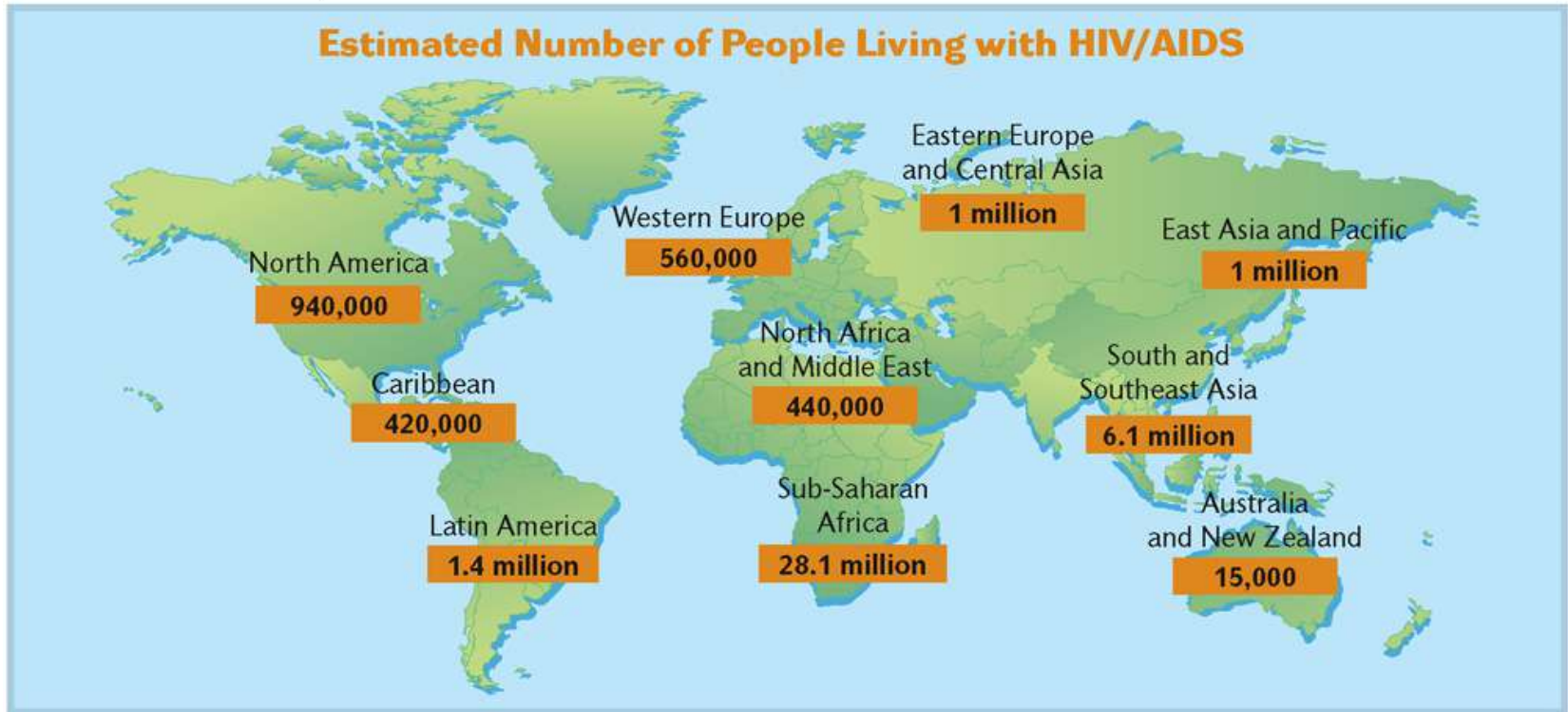
HIV Around the World

- Most scientists think HIV originally came from Africa.
- AIDS is the leading cause of death in sub-Saharan Africa.
- HIV is still spreading throughout the world, especially in Asia and Eastern Europe.





Worldwide HIV/AIDS



Source: Joint United Nations Program on HIV/AIDS.



HIV Around the World

- 850,000 to 900,000 people are currently living with HIV infection in the United States.
- Over 300,000 people are currently living with AIDS in the United States.
- Each year, 40,000 more people are infected with HIV in the United States.





Teens and HIV

- **Teens are one of the fastest-growing groups to become infected with HIV.**
- **Over 10,000 teens have been diagnosed with HIV in the United States. More than 4,000 of these have developed AIDS.**
- **HIV is rising in teens because many teens do not take the risks of HIV and AIDS seriously, and engage in high-risk behaviors.**



Chapter 21

Section 2 Understanding HIV and AIDS



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- List 5 facts about how HIV infects the body.



Chapter menu

Resources



Objectives

- **Describe** how HIV infects the body's immune system.
- **Summarize** the symptoms in each of the phases of HIV infection.
- **Identify** three ways that HIV is spread.
- **List** four ways that HIV is not spread.
- **State** how a teen can know if he or she is at risk for HIV infection.





HIV Infects the Body

- **Helper T cells (CD4+ cells)** are the white blood cells that activate the immune response and that are the primary target cells of HIV infection.
- HIV uses helper T cells to make copies of itself, killing the helper T cells in the process.





HIV Infects the Body

- As helper T cell counts drop, the body loses its ability to fight off other infections and certain cancers.
- An **opportunistic infection (OI)** is an illness due to an organism that causes disease in people with weakened immune systems.





Phases and Symptoms of HIV Infection

- **Phase I** of HIV infection is the asymptomatic stage, which means the infection is present but there are few or no symptoms. This phase can last 10 years or more.
- **Phase II** is marked by the beginning or worsening of symptoms as the immune system fails.





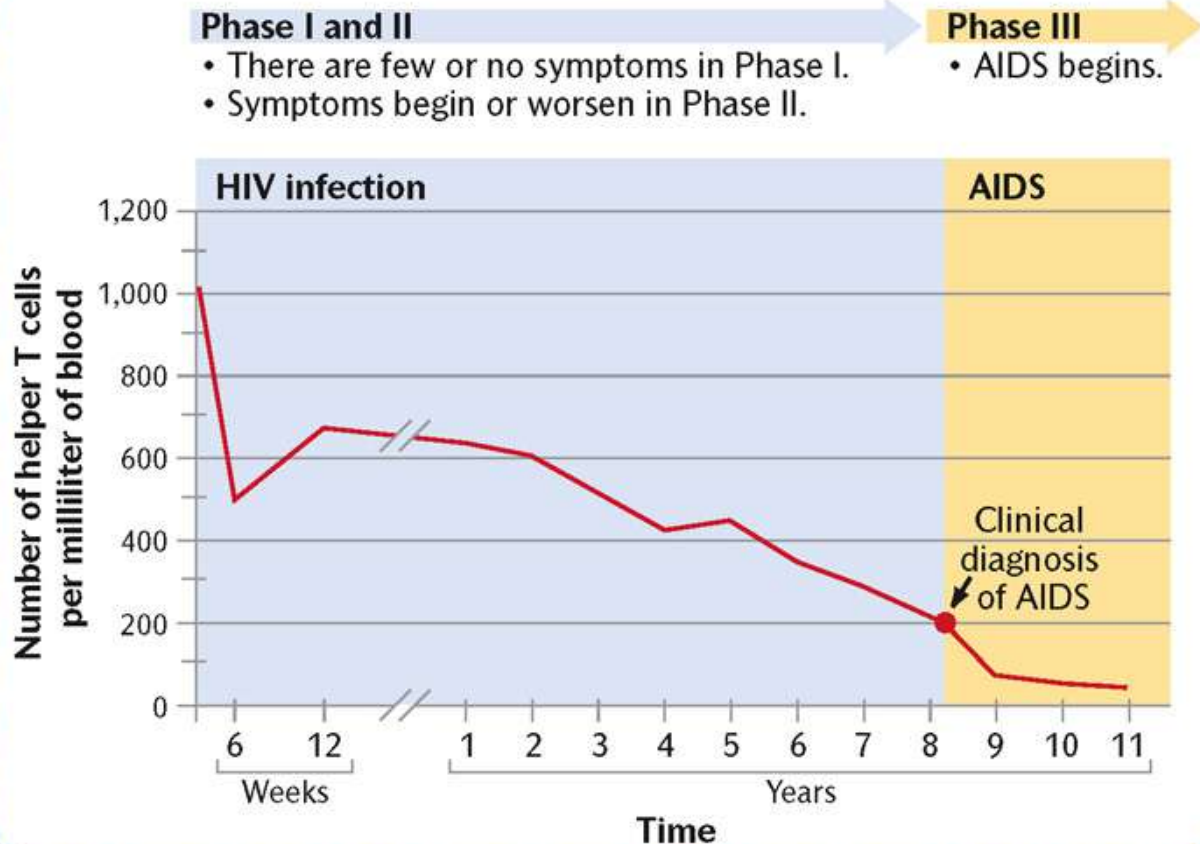
Phases and Symptoms of HIV Infection

- **Phase III** marks the beginning of AIDS. The helper T cell count is 200 or less and AIDS-defining conditions develop, such as opportunistic infections.



The Onset of AIDS

The Onset of AIDS as Indicated by T Cell Count



Source: Annals of Internal Medicine.



Ways That HIV Is Spread

- There are 3 main ways that HIV is spread.
 1. during sexual activity, which includes vaginal, oral, and anal sex, with an infected person
 2. through sharing needles or other intravenous injection equipment with an infected person
 3. from an infected mother to her infant before or during the birth process or by breast-feeding.





Ways That HIV Is Spread

- HIV is NOT spread by the following:
 - casual contact, including shaking hands, holding hands, kissing, hugging, or playing sports with an infected person
 - sharing bathroom facilities, drinking glasses, or eating utensils



Beliefs Vs. Reality

“HIV is spread by coughing or sneezing.”

HIV is not spread through the air. The amount of HIV in mucus or saliva is not enough to spread HIV.

“A person can't get an HIV infection from sharing needles or other injection equipment.”

People who share injection equipment used for legal and illegal drugs, tattooing, and body piercing are at risk of becoming infected.

“HIV is spread by mosquito and tick bites.”

Mosquitoes and other biting animals such as ticks, bed bugs, and fleas do not spread HIV.

“Sharing toilet seats can spread HIV.”

HIV is not spread by sharing bathroom facilities because HIV does not live long outside the body.

“Teenagers seldom get HIV infection.”

HIV does not discriminate by age. Teens who practice risky behaviors are at risk of becoming infected.



Teens at Risk for HIV

- Almost a third of the 40 million people living with HIV/AIDS are teens or young adults.
- AIDS is the eighth leading cause of death in the United States for people between 15 and 24.





Teens at Risk for HIV

- How do you know if you are at risk of HIV? If you take part in any behavior that could put you at risk, then you are at risk.
- The only sure way to know if you are infected with HIV is an HIV test. If you think you are at risk, **GET TESTED.**



Chapter 21

Section 3 Protecting Yourself from HIV and AIDS



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- Write down the benefits of sexual abstinence at this point in your life.



Chapter menu

Resources



Objectives

- **List** four ways to protect yourself from HIV and AIDS.
- **Describe** the process of getting tested for HIV.
- **Summarize** the treatment for HIV infection and AIDS.
- **State** three ways a person living with HIV infection can delay the progression from HIV infection to AIDS.
- **Identify** four ways you can help and HIV/AIDS program in your community.





Preventing HIV and AIDS

- The first step in preventing AIDS is to be educated about HIV and AIDS.
- The only way to eliminate the risks of HIV and AIDS is to avoid risky behaviors.
 - Practice abstinence
 - Avoid multiple partners
 - Don't share needles or other injection equipment
 - Avoid alcohol and illegal drugs



Preventing HIV and AIDS

- **Universal precautions** are a set of procedures used to avoid contact with bodily fluids and reduce the risk of spreading HIV and other diseases.





Universal Precautions

Procedures of universal precautions

- ▶ Wear latex or vinyl gloves when touching the patient or handling potentially infected fluids.
- ▶ Wear protective clothing such as laboratory coats, goggles, face masks, and hats during activities that may cause exposure to the patient's body fluids.
- ▶ Handle and dispose of all bodily fluids or tissues in a safe manner.
- ▶ Handle safely and dispose of properly all supplies and equipment that have been contaminated with body fluids.
- ▶ Use single-use supplies or equipment when practical.
- ▶ Clean and sterilize equipment that will be used on more than one patient.



Testing for HIV

- An **HIV-antibody test** is a test that detects antibodies to determine if a person has been infected with HIV. If the test is positive, a second test is done.
- A person is **HIV positive** if they test positive for HIV in two different tests.





Testing for HIV

- A negative test result can be misleading because antibodies may not be found for 6 months after an infection. You should get retested after 6 months.
- T cell counts and viral loads are tests for monitoring HIV in people known to be infected.





Treating HIV and AIDS

- No cure exists for HIV and AIDS. Treatment can help an infected person survive longer.
- **Drug combination therapy** is an AIDS treatment program in which patients take more than one drug.
- Drugs for treating HIV can have severe side effects, can lose their effectiveness over time, are expensive, and require diligence and commitment.





Living with HIV Infection

- Most HIV-infected people in the early phases can do almost everything they did before they got infected.
- People infected with HIV must avoid participating in activities that could expose others to HIV.





Living with HIV Infection

- Maintaining good health through treatment, diet, exercise, and rest help delay the progression of HIV to AIDS.
- Many HIV-infected people become activists for HIV/AIDS prevention or help other infected people.





LIFE SKILL

Using Community Resources

Activity

HIV and the Community

You may be saying to yourself, "I want to do my part to help stop the HIV/AIDS epidemic. But what can I do?" Here are some ways to get started:

- 1 Make a commitment to yourself to tell one other person that you won't put yourself at risk of becoming infected. Write down a plan about how you will avoid behaviors that put you at risk for infection.
- 2 Educate your friends about preventing HIV infection. Encourage them to avoid risky behavior.
- 3 Make a commitment to participate in preventing HIV/AIDS in your community. Write down three community organizations that support HIV/AIDS education and prevention. Find out if there is an AIDS hot line. If so, find out how you can help.
- 4 Find out if an organization in your community sponsors an AIDS walk and when the walk is scheduled. Find out if the AIDS walk provides opportunities for walkers to raise funds for local AIDS organizations or patients. Sign up for the walk, and encourage your friends to participate.

- 5 One way people honor those who have died of AIDS is by making an AIDS quilt. Find out other ways to honor people who have died of AIDS in your community.

LIFE SKILL Using Community Resources

1. What can you do to support HIV/AIDS education and prevention programs in your community?
2. How might you help raise funds for an AIDS education program?



Brain Food Video Quiz



Click below to watch the Brain Food Video Quiz that accompanies this chapter.

[Brain Food Video Quiz](#)

You may stop the video at any time by pressing the **Esc** key.



[Chapter menu](#)

[Resources](#)

End of Chapter 21 Show



[Chapter menu](#)

[Resources](#)

Chapter 21

MAKING GREAT DECISIONS

Give thought to the problem.

Review your choices.

Evaluate the consequences of each choice.

Assess and choose the best choice.

Think it over afterward.

[Chapter menu](#)

[Resources](#)

Chapter 21

Eight Assets for Building Resiliency

Asset	Description	Example
Support	▶ having family, friends, and others to help you	▶ You talk to the school counselor about a problem.
Empowerment	▶ feeling as if you are a valuable member of your community and family	▶ You volunteer to start a drug-free campaign at school.
Boundaries	▶ having a clear set of rules and consequences for school, family, and relationships	▶ You know that if another teen bullies you at school, a teacher will speak with that teen.
Productive use of time	▶ choosing creative and productive activities	▶ You join a school club instead of playing video games after school.
Commitment to learning	▶ understanding the value of schoolwork	▶ You spend time every day working on homework assignments.
Positive values	▶ having values that include caring, integrity, honesty, self-responsibility, equality, and justice	▶ You support a friend who tells the truth even though doing so may get him or her in trouble.
Social skills	▶ communicating effectively, respecting others, and avoiding peer pressure	▶ You talk out a disagreement instead of yelling.
Positive identity	▶ having high self-esteem, having a sense of control, and feeling as if you have a purpose	▶ You use positive self-talk to prepare yourself for a speech.

Source: Adapted from Benson, Peter L., Ph.D., Espeland, Pamela, and Galbraith, Judy, M. A., *What Teens Need to Succeed*.

[Chapter menu](#)

[Resources](#)

Chapter 21

Twelve Refusal Skills

Refusal skill	Sample response
1. Blame someone else.	"My dad would kill me if I didn't help him."
2. Give a reason.	"No, my dad said he'd pay me \$20 if I helped out."
3. Ignore the request or the pressure.	Pretend that you don't hear them asking you. Refuse to talk about it.
4. Leave the situation.	"I've got to get going. I'm running late."
5. Say, "no, thanks."	"No, thanks. I'm not interested."
6. Say no, and mean it.	"NO, I don't want to!"
7. Keep saying no.	"How many times do I have to say no? Stop bugging me!"
8. Make a joke out of it.	"You probably couldn't keep up with me on a bike ride anyway."
9. Make an excuse.	"No, I'm not feeling well."
10. Suggest something else to do.	"Let's go on a bike ride on Sunday instead."
11. Change the subject.	"I heard Nick and Mary are dating."
12. Team up with someone.	"Hey David, didn't dad say we had to do the garage or we'd be grounded?" Ask one or more people who share your values to help you in the refusal. Many voices are better than one!

[Chapter menu](#)

[Resources](#)

Quotes About Character



“If you stand straight, do not fear a crooked shadow.”

—Chinese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“One falsehood spoils a thousand truths.”

—African Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man cannot be comfortable without his own approval.”

—Mark Twain



[Chapter menu](#)

[Resources](#)

Quotes About Character

“Our reverence is good for nothing if it does not begin with self-respect.”

—Oliver Wendell Holmes



[Chapter menu](#)

[Resources](#)

Quotes About Character



**“When the character of a man is not clear to you,
look at his friends.”**

—Japanese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What lies behind us and what lies before us are small matters compared to what lies within us.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A good name, like good will, is got by many actions and lost by one.”

—Lord Jeffrey



[Chapter menu](#)

[Resources](#)

Quotes About Character



“To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“He that respects himself is safe from others; He wears a coat of mail that none can pierce.”

—Henry Wadsworth Longfellow



[Chapter menu](#)

[Resources](#)

Quotes About Character



“The reputation of a thousand years may be determined by the conduct of one hour.”

—Japanese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Dreams are the touchstones of our character.”

—Henry David Thoreau



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man’s character is his fate.”

—Heraclitus



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What you do speaks so loud that I cannot hear what you say.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Abstinence is the surety of temperance.”

—Plato



[Chapter menu](#)

[Resources](#)

Quotes About Character



“This above all, to thine own self be true/And it must follow, as the night the day/ Thou canst not then be false to any man.”

—William Shakespeare



[Chapter menu](#)

[Resources](#)

Quotes About Character



“No change of circumstances can repair a defect of character .”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Men acquire a particular quality by constantly acting a particular way . . . you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“The way to gain a good reputation is to endeavor to be what you desire to appear.”

—Socrates



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Do what you know and perception is converted into character.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Rather fail with honor than succeed by fraud.”

—Sophocles



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is higher than intellect.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“To know what is right and not do it is the worst cowardice.”

—Confucius



[Chapter menu](#)

[Resources](#)

Quotes About Character



“It takes less time to do a thing right, than it does to explain why you did it wrong.”

—Henry Wadsworth Longfellow



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Nature magically suits a man to his fortunes, by making them the fruit of his character.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“That soul that can be honest is the only perfect man.”

—John Fletcher



[Chapter menu](#)

[Resources](#)

Quotes About Character



“One does evil enough when one does nothing good.”

—German Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“There is no pillow so soft as a clear conscience.”

—French Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Don't forget to love yourself.”

—Soren Kierkegaard



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is the indelible mark that determines the only true value of all people and all their work.”

—Orison Swett Marden



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.”

—John Ruskin



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Fame is vapor, popularity an accident, riches take wing, and only character endures.”

—Horace Greeley



[Chapter menu](#)

[Resources](#)

Quotes About Character



“You can easily judge the character of a man by how he treats those who can do nothing for him.”

—James D. Miles



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Right is right, even if everyone is against it; and wrong is wrong, even if everyone is for it.”

—William Penn



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Our deeds determine us, as much as we determine our deeds.”

—George Eliot



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is the result of two things: mental attitude and the way we spend our time.”

—Elbert Hubbard



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man without character is like a ship without a rudder.”

—Karl G. Maeser



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is much easier kept than recovered.”

—Thomas Paine



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is power.”

—Booker T. Washington



[Chapter menu](#)

[Resources](#)

Quotes About Character



“An individual step in character training is to put responsibility on the individual.”

—Robert Baden-Powell



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is a by-product; it is produced in the great manufacture of daily duty.”

—Woodrow T. Wilson



[Chapter menu](#)

[Resources](#)