

Keep it Safe Toolkit



Toolkit Instructions

Read and complete the 5 assignments in this toolkit.

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Welcome to Your Toolkit

This workbook contains five activities for you to complete. We call it a toolkit because it is filled with ideas you can use to help keep yourself and those you care about safe.

For each assignment you will read, think, complete activities, and sometimes talk with others and write down what you learn.

Nothing you will be asked to do is difficult and you can work at your own pace.

For other questions about HIV and other sexually transmitted diseases,
dial 1-800-CDC-INFO (1-800-232-4636)



Assignment One

Risk-taking can swing both ways. Sometimes it is a good thing, and other times...well, not so much.

For example, taking sky diving lessons might be great!. Trusting that a drunk friend can drive you home safely on icy roads, oh my! ~ you get the idea.



But when it comes to risk-taking about our health, Americans, in general, seem to take a lot of risks. Not exactly something to be proud of.

For Example:

- ◆ Despite years of information and urging, only about 40% of men report having used a condom with a new partner.
- ◆ About 1 in five deaths in the US are related to tobacco products.
- ◆ About 65% of all fatal, one car crashes involved alcohol consumption.
- ◆ Over 1.5 million new cases of diabetes are found each year in people age 20 and older.
- ◆ One out of 20 people in the U.S. will be infected by Hepatitis B during their lives.
- ◆ Hepatitis B is 100 times more infectious than HIV.
- ◆ AIDS is the fourth leading cause of death among women in the US.



How To Complete This Assignment



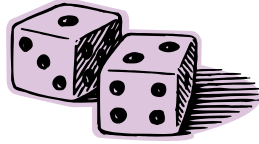
For this assignment you will complete a *guide map* based on choosing some quotations about risk-taking that you like and want to think about.

A *guide map* is a special type of worksheet that helps arrange and organize ideas and thoughts.

What to do:

- Read over the page of quotations about risk-taking that follows.
- Pick out *five* of the quotations that ring a bell for you.
- Copy these quotations into boxes indicated on your guide map.
- Complete the map by answering the question in the bottom box.
- You're done!
- Take a look at how it was done on the *sample guide map* in case you get stuck.

Thoughts About Risk-Taking



What you risk reveals what you value.

[Jeanette Winterson](#)

It's choice - not chance - that determines your destiny.

[Jean Nidetch](#)

In the field of observation, chance favors only the prepared mind.

[Louis Pasteur](#)

Destiny is no matter of chance. It is a matter of choice.
It is not a thing to be waited for, it is a thing to be achieved.

[William Jennings Bryan](#)

As I see it, every day you do one of two things:
build health or produce disease in yourself.

[Adelle Davis](#)

Quit worrying about your health. It'll go away.

[Robert Orben](#)

The greater danger for most of us is not that our aim is too high
and we miss it, but that it is too low and we hit it.

[Michelangelo Buonarroti](#)

You'll always miss 100% of the shots you don't take.

[Wayne Gretzky](#)

Lots of folks confuse bad management with destiny.

[Kin Hubbard](#)

The quotes I like the best
are...

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What is it you like about each of the quotes?

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What do your choices tell you about you?

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The quotes I like the best are...

What you risk reveals what you value

Quit worrying about your health. It will go away

You will always miss 100% of the shots you don't take

It's choice not chance that determines your destiny

As I see it every day you do one of 2 things build health or produce disease in yourself

What is it you like about each of the quotes?

IT seems funny to say at first but it makes you think

It's a good way to remind us about what is true

This is like "try try again" like don't give up

We make our own choices for ourselves

It makes me think that I really need to quit smoking

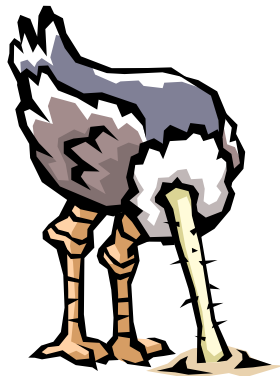
What do your choices tell you about you?

I think health is important but I don't take very good care of myself in some areas

Assignment Two

Some people like to think that what they don't know can't hurt them! In truth, it's the things we don't know and maybe don't expect that get us.

A lot of people have taken chances when it comes to HIV, either through sex or shared needles. Sometimes they avoid doing anything about it.



Deciding on a test to check for HIV or other kinds of viral infections is more accepted than ever before. Testing for HIV can be done without drawing blood, using urine or saliva. However, testing for Hepatitis does require a blood sample.

More about testing:

- ◆ The standard HIV test looks for *antibodies* in a person's blood. Antibodies are the body's response to an infection. Having antibodies to HIV means the person has HIV infection.
- ◆ Most people develop detectable HIV antibodies within 2 to 8 weeks after exposure. Almost 98% will have developed antibodies by 3 months after exposure.
- ◆ The only way to know for sure whether you are infected with HIV is to have an HIV antibody test. It is not possible to tell from any symptoms.
- ◆ Standard HIV antibody (ELISA) tests are at least 99.5% accurate when it comes to detecting the presence of HIV antibodies.
- ◆ Testing for Hepatitis uses similar methods to look for antibodies. If Hepatitis B or C antibodies are found, other lab tests are run to see if the infection is active and causing liver damage.

How To Complete This Assignment



For this assignment you will complete a *guide map* about the decision to take an HIV antibody test.

A *guide map* is a special type of worksheet that helps arrange and organize ideas and thoughts.

What to do:

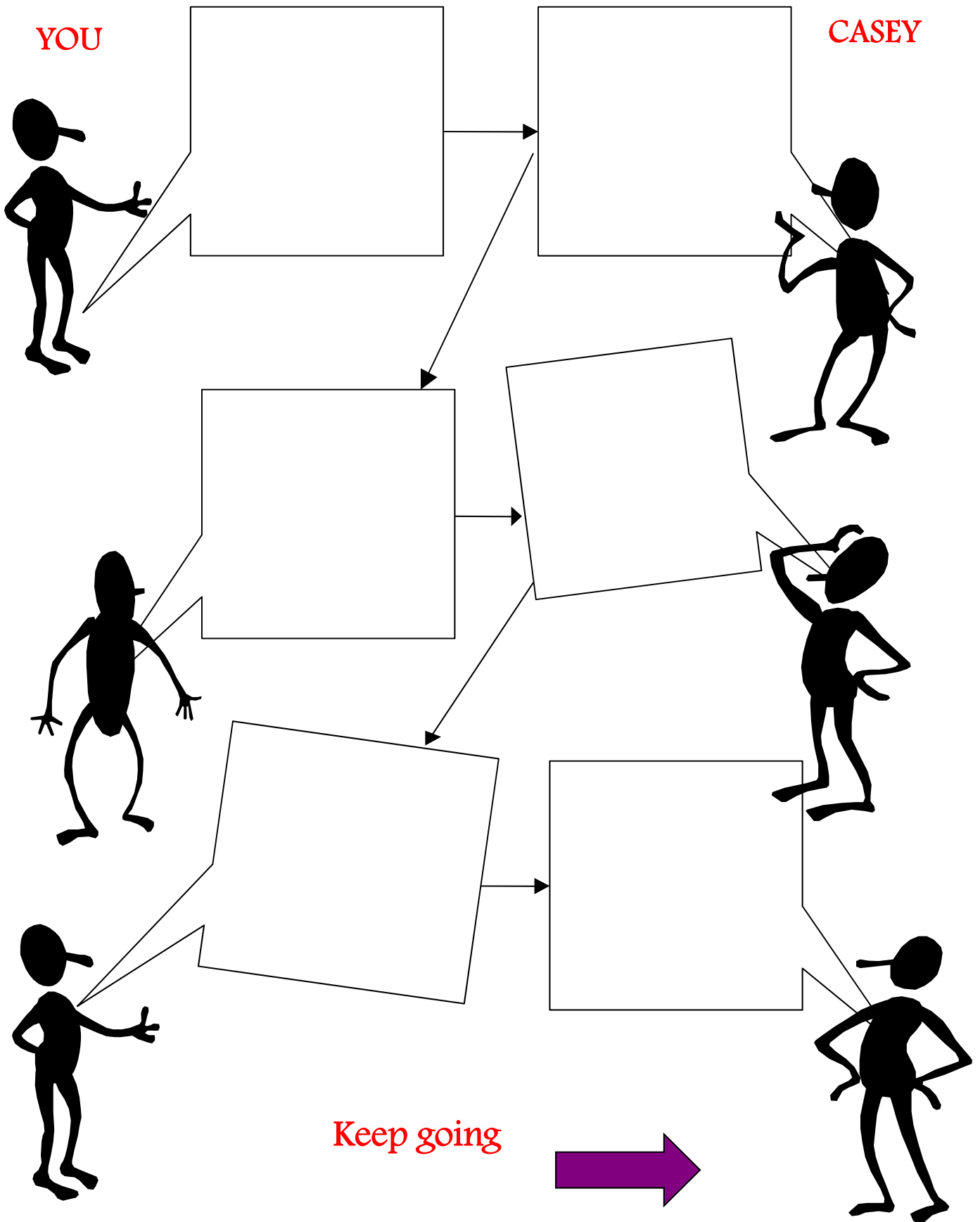
- Read over the Case Study that follows.
- Decide what you would advise the person in the Case Study.
- Use the guide map to record the your ideas about this case.
- Summarize how you reached your conclusions in the last box.
- You're done!
- Take a look at how it was done on the *sample guide map* in case you get stuck.

Casey is a good friend of mine. We have always called him "lucky Casey." He has won three small lotteries in the last five years and he walked away from a roll-over car crash last year. Here's my worry. He got drunk a few months ago and went home with a woman he met at this new club we went to. I just heard from someone who knows her and he says she's in the hospital. He says: "Damn. That girl has AIDS - real sick right now. She didn't even know about it." So now I'm worried about Casey. Luck won't help him with this one.



Complete the guide map on the next page about how you would talk to Casey about getting an HIV test. Try to complete all the pages.

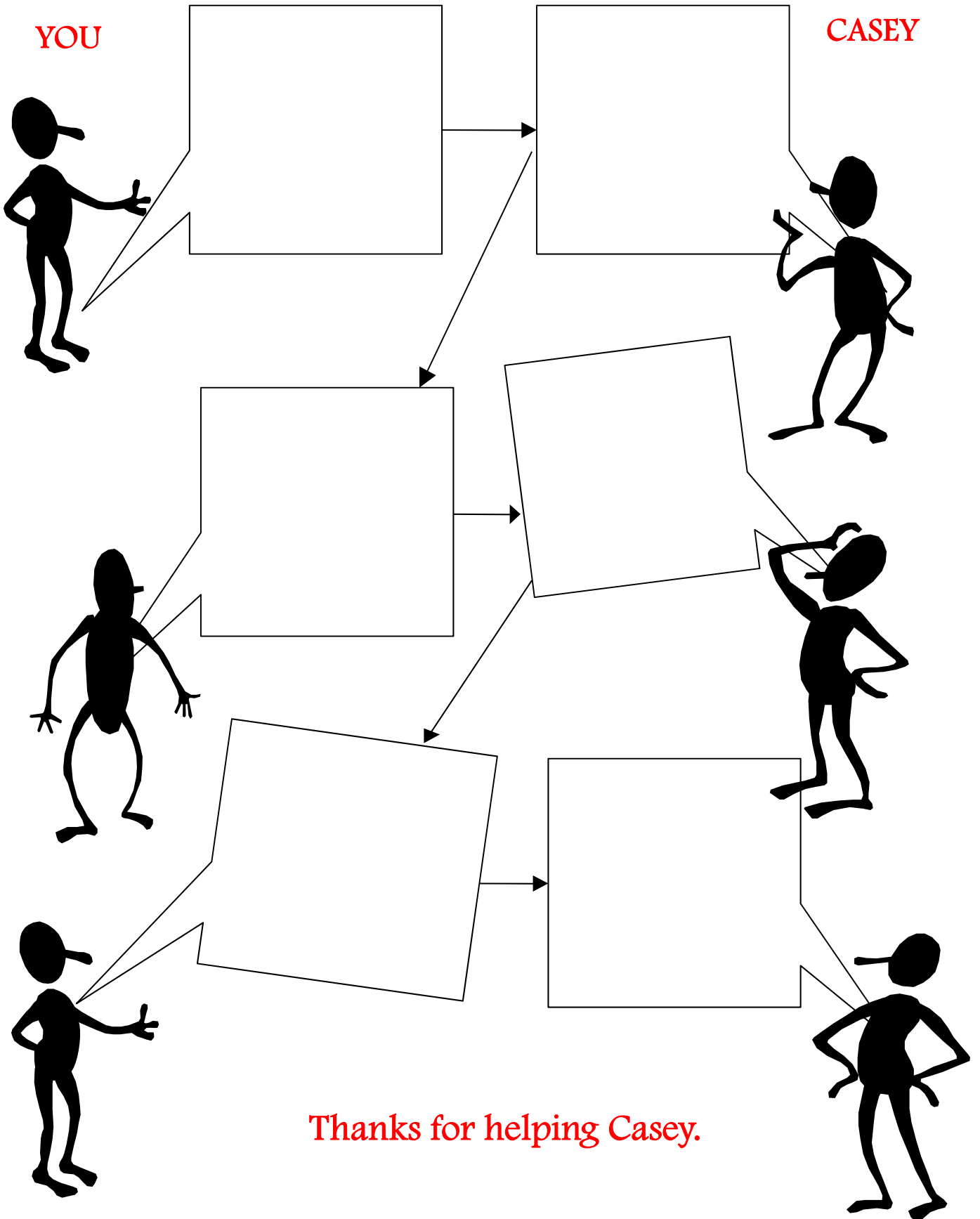
Talking with Casey – An Important Conversation



More Talking with Casey

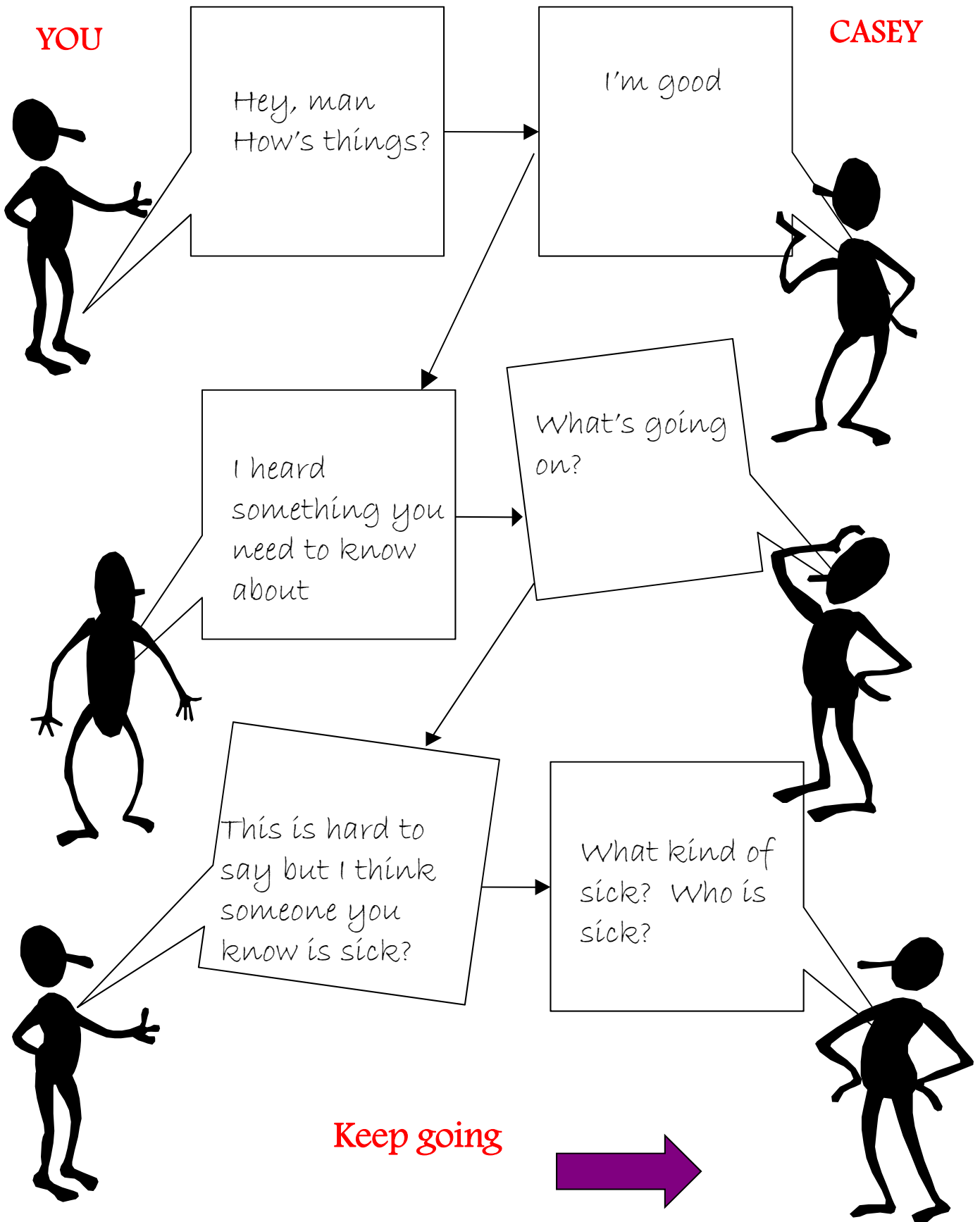
YOU

CASEY

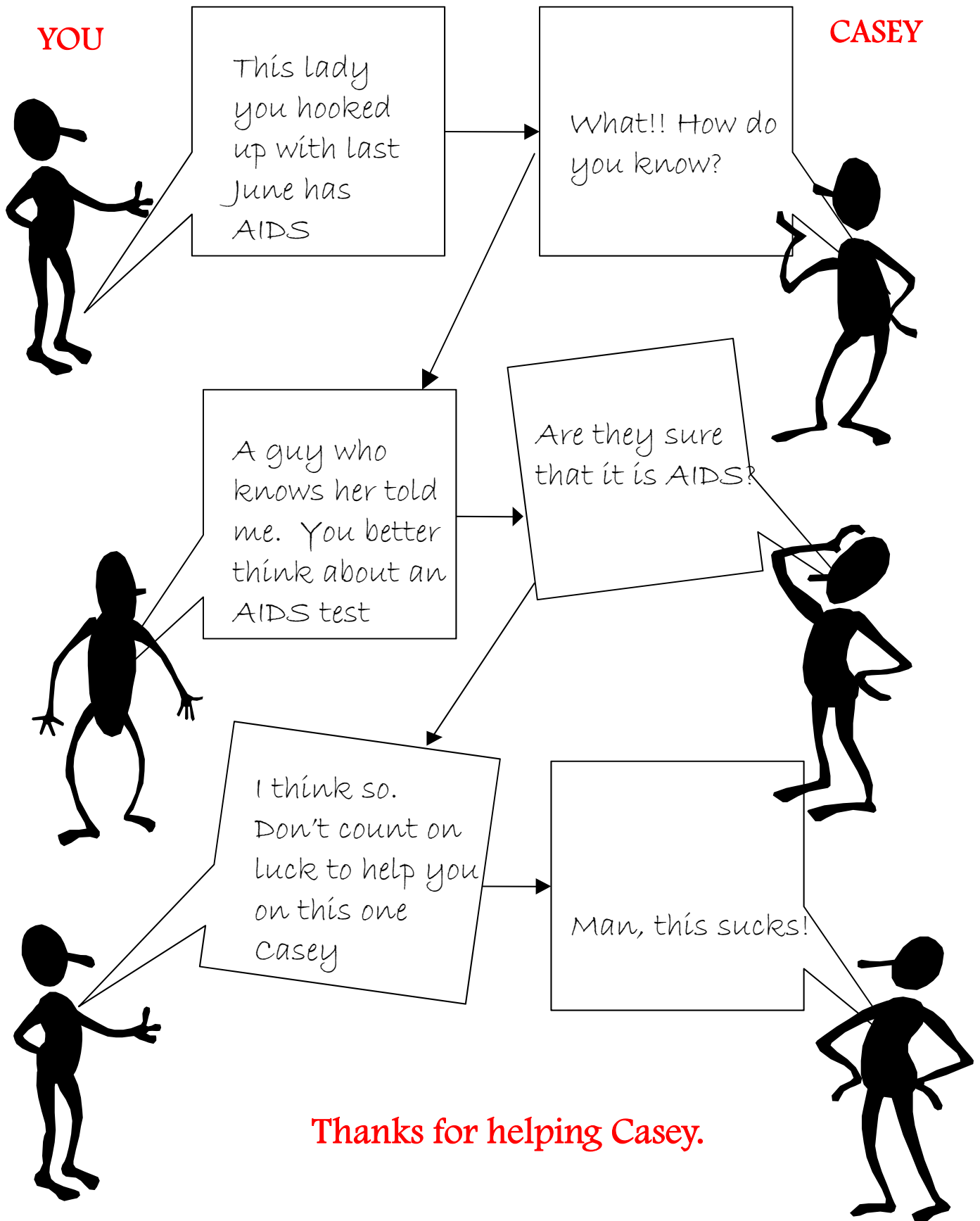


Thanks for helping Casey.

Talking with Casey – An Important Conversation



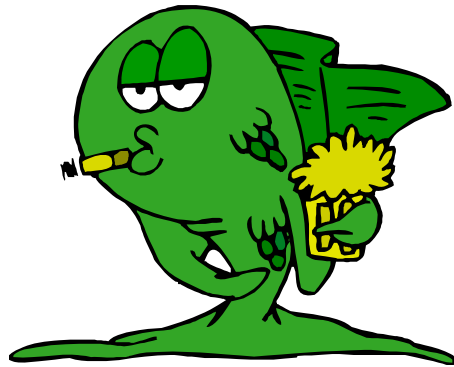
More Talking with Casey



Assignment Three

There seems to be a difference between *knowing* and *doing*. We can have knowledge and information about a risk, but do nothing about it.

For example, a lot of people continue to smoke tobacco and drink too much, even though they know the dangers!



Knowledge about HIV other viral infections is very high for the most part, yet taking that extra step to avoid personal risk remains a challenge for most folks.

Something to think about:

- ◆ About every 10 minutes (on average) someone in the United States becomes infected with HIV.
- ◆ About 20,000 young people are newly infected each year and young people are at high risk for infection with HIV.
- ◆ Hepatitis B is spread through blood contact and high risk sex. Hepatitis C is spread through blood contact, such as sharing needles or unclean tattoo equipment
- ◆ Persons exposed through high-risk heterosexual contact accounted for one-third (1/3) of all HIV/AIDS cases today.
- ◆ There is a simple vaccination that protects against Hepatitis B, but many people who may be at risk don't take the time to get vaccinated.
- ◆ About 10,000 people die each year from liver disease caused by Hepatitis C.

How To Complete This Assignment



For this assignment you will complete a *guide map* based on talking with other people about a health topic.

A *guide map* is a special type of worksheet that helps arrange and organize ideas and thoughts.

What to do:

- Think about the questions in the top box of the guide map:
Based on what you have been hearing in the news lately, how much of a problem is HIV/AIDS in the U.S.? How about in this community?
- There is a box for five different people's opinions.
- Interview five people you know to get their thoughts about the questions. Use the guide map to record the results.
- Summarize what you have learned from talking to others in the last box.
- You're done!
- Take a look at how it was done on the *sample guide map* in case you get stuck.

Based on what you have been hearing in the news lately, how much of a problem is HIV/AIDS in the US?
How about in this community?

1



2



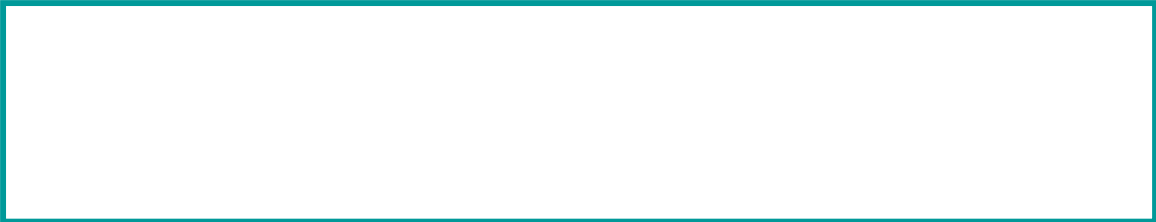
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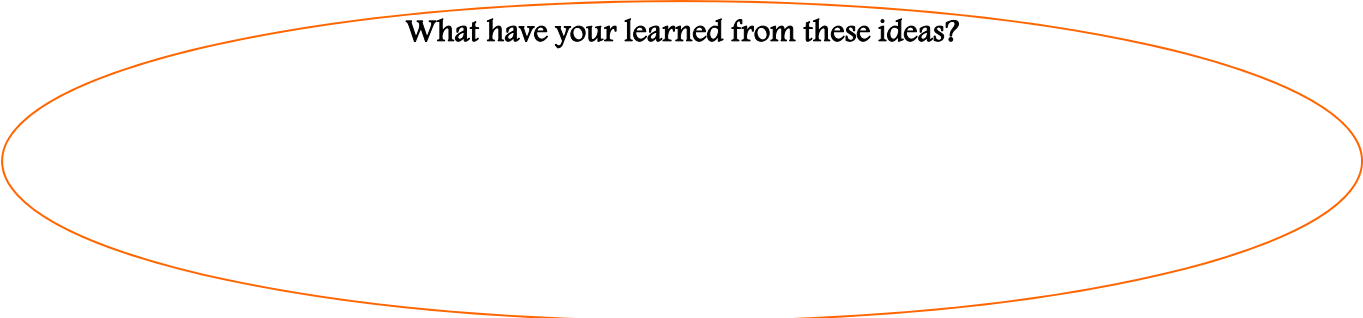
4



5



What have you learned from these ideas?



Based on what you have been hearing in the news lately, how much of a problem is HIV/AIDS in the US?

How about in this community?

1

AIDS is more of a problem in other countries than in the US. I don't think there are many cases in my community

2

AIDS is still a problem but mostly on the east coast and in California. I have known of 2 people getting it in my community

3

I think they have drugs to cure it now so it is not a big problem. I don't think this area has many cases

4

I heard that the President went to Africa to help them with their problem. It's bad there and it could get bad here, too, one day

5

They say that women have more problems with it and that it can kill their children. They say my neighbor's kid died of it, but that was 10 years ago

What have you learned from these ideas?

The people I talked to seemed to not really be that interested in it but they know the world has a problem with the AIDS disease

Assignment Four

A primary reason that people don't use condoms is that they think they can judge risk from the way someone looks.

Another reason is that, although people may understand the need to use condoms, they forget to carry them.



About 70% of people who did not use a condom during their last encounter with a new partner say they would have used one if they had had one at the time.

Condom Facts:

- ◆ When used consistently and correctly, latex condoms are highly effective in preventing the sexual transmission of HIV (during vaginal, oral, or anal intercourse).
- ◆ In a two-year study of couples where one partner was HIV-positive and one was HIV-negative, couples using condoms correctly and consistently at every act of intercourse avoided infecting the HIV-negative partner.
- ◆ The condom—latex or polyurethane, male or female—is the only technology available to prevent the sexual transmission of HIV.
- ◆ At least 55 million Americans have a sexually transmitted infection—that's 1 in 4 adults.
- ◆ Female condoms can reduce the rate of HIV transmission among women having sex with an infected partner by more than 90 percent.

How To Complete This Assignment



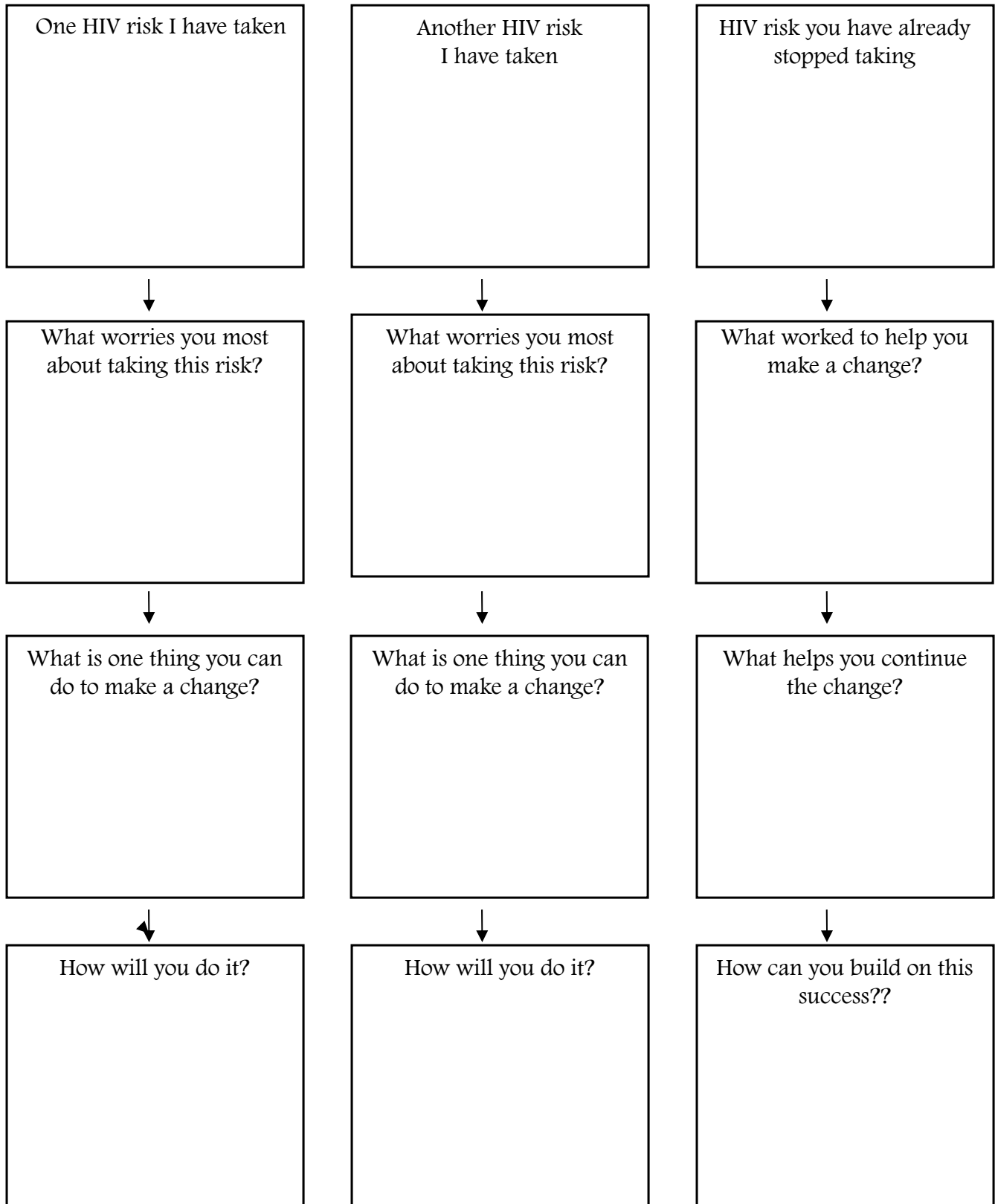
For this assignment you will complete a *guide map* on developing a risk reduction plan.

A *guide map* is a special type of worksheet that helps arrange and organize ideas and thoughts.

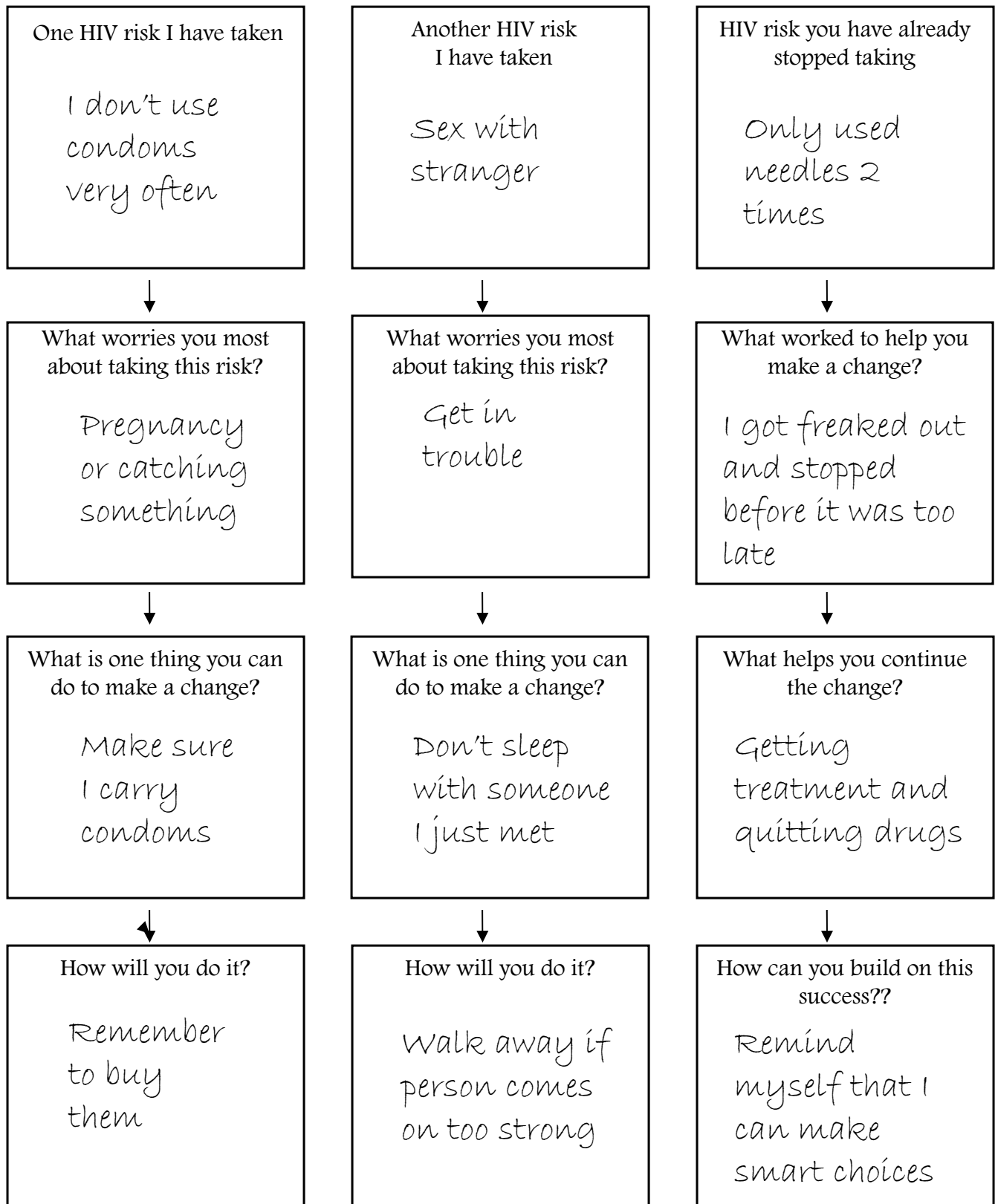
What to do:

- Read over the guide map to become familiar with it.
- Think about HIV risks you may still be taking as well as risks you don't take anymore.
- Identify changes you might consider and steps you might take to reduce future risk.
- You're done!
- Take a look at how it was done on the *sample guide map* in case you get stuck.

Thinking Tools for Risk Reduction



Thinking Tools for Risk Reduction



Assignment Five

Knowing HIV status is very important for women and for couples who plan to have children.

In the past, women with HIV or those at risk of HIV because of a sex partner had a high chance of passing the infection on to the baby.



Nowadays, even if the mother is HIV positive, she can take medication that will greatly reduce the chance that her baby will be infected. This is another benefit of knowing your HIV status.

Issues with HIV and Hepatitis

- ◆ HIV is a certain type of virus called a retrovirus, and the drugs used to treat it are called anti-retroviral medicines. These powerful medicines slow down HIV infection, but they do not cure it.
- ◆ The current recommended treatment for HIV is a combination of three or more medicines. This “cocktail” is called highly active anti-retroviral therapy or HAART.
- ◆ There are some medications to treat Hepatitis C, but not all people benefit from taking them.
- ◆ The chance of an infected mother passing HIV to her newborn is about 25% or 1 in 4. But if the mother is taking HIV drugs the risk is almost zero.
- ◆ Women infected with Hepatitis B or C also can pass the infection to their infants. Women with risk factors for Hepatitis B or C should talk with their doctor about the risk to their baby.

How To Complete This Assignment



For this assignment you will complete a simple quiz based on the information in this workbook.

This Final Quiz is intended to encourage you to review what you have learned.

What to do:

- Read over the Final Quiz to get familiar with it.
- First time through, try to answer all the questions without looking back.
- Now go back through the workbook and check on any questions you were uncertain about. You can also self-score your quiz at this time.
- You're done!
- You have also completed all the assignments! Congratulations.

FINAL QUIZ

Complete the following questions by circling "true" or "false" or by filling in the blank with correct information

1. The standard tests for HIV infection are 99.5% accurate
TRUE FALSE
2. There is a simple vaccination available to protect against Hepatitis B
TRUE.....FALSE
3. In the U.S., there is a new case of HIV diagnosed every _____ minutes
4. About 10,000 people die each year from Hepatitis C liver diseases
TRUE.....FALSE
5. HIV is caused by a _____ that attacks the immune system
6. If a pregnant woman is taking HIV drugs, the risk of passing HIV to her infant is very low
TRUE.....FALSE
7. Most people will develop antibodies to HIV within _____ weeks of having been infected
8. About one-third (1/3) of all new HIV cases in the U.S. are the result of high risk heterosexual (man-woman) sex
TRUE.....FALSE
9. The Hepatitis B virus is _____ times more infectious than HIV
10. Even if a person has HIV, using condoms every time for sex will help prevent spreading it to a partner
TRUE.....FALSE