



Teaching HIV Today

Gender • Stigma
• Global
Responsibility

- Why teaching HIV still matters
- Role of teachers worldwide

Comprehensive Sexuality Education (CSE)

- CSE including HIV education saves lives
- CSE protects and empowers young people
- Help young people make healthy choices
- CSE keeps girls in school
- Reduces pregnancy, sexually transmitted infections (STIs,) gender-based violence, school drop-out



The image is a screenshot of a webpage from GPE (Global Partnership for Education). The page features the GPE logo with the tagline 'Transforming Education' and a 'MULTIPLY POSSIBILITY' graphic. A navigation menu includes 'WHAT WE DO', 'WHERE WE WORK', 'RESULTS & STORIES', 'HOW WE WORK', 'FUNDING', 'WHO WE ARE', and 'FINANCING GPE 2030'. The main headline is 'Why children need comprehensive sexuality education in a changing world'. Below the headline is a sub-headline: 'A good education should go beyond the traditional academic focus; it must also support young people to develop the knowledge, skills, and ethical values they need to make conscious and healthy choices about relationships, sex and reproduction.' The article is dated 'July 02, 2019 by Stefania Giannini, UNESCO' and has '1 comment' and '4 minutes read'. A social media interaction bar shows 'Like (3) LIKES' and 'Share' options for Facebook, X, and LinkedIn. The bottom of the screenshot shows a photograph of five students in school uniforms sitting around a table, looking at and discussing documents.

What research shows about sexual education to adolescents

- ✓ Does NOT increase sexual activity
- ✓ Delays sexual debut
- ✓ Makes sex safer
- ✓ Reduces risk of STI/HIV/teen-pregnancy
- ✗ Makes kids aware that sex exists
- ✗ Makes them gay
- ✗ Increases risk of pre-marital sex
- ✗ Increases risk of teenpregnancy



What CSE covers

CSE includes topics such as:

- **relationships:** families, friendships, love, romantic relationships, respect, inclusion, communication, parenting;
- **human rights and values:** rights, responsibilities, cultural norms, respect for diversity;
- **gender equality:** norms, stereotypes, discrimination and bias, power dynamics, gender-based violence;
- **consent and safety:** privacy, bodily integrity, recognizing and reporting abuse, safe use of digital technologies;
- **life skills:** decision-making, communication, negotiation, media and digital literacy, help-seeking and accessing support;
- **human development:** anatomy, physiology, puberty – including menstruation and menstrual health, reproduction, fertility awareness, body image;
- **sexuality:** sexual development, identity, and behaviour; and
- **sexual and reproductive health:** contraception, pregnancy and its prevention, HIV and other sexually-transmitted infections (STIs), stigma reduction, care, treatment and support, accessing adolescent-friendly health services.



What do you know about **HIV**?

How does it transmit & how does it NOT transmit?



Key HIV Facts

- Globally ~30% new HIV infections are in young people 15-24 years of age
- Often from newly infected partners unaware of HIV
- ~ 50% of newly HIV infected have no symptoms
- Early diagnosis and treatment (ART) cuts risk of transmission and premature death to zero



Key youth HIV data (15-24 years)

- >1.9 million adolescent girls & young women (AGYW) (15-24 years) are living with HIV, compared to 1.2 million boys/young men
- Adolescent girls account 71% of new HIV infections in 15-19 year olds
- 15–24 year olds represent 50% of all new infections in some settings
- In some areas, only half of youth (13–24) with HIV know their status
- Major drivers: lack of basic knowledge, low condom use, and high rates of STIs.
- Children and young people have poorer treatment outcomes
- Pregnant adolescents have higher risk of transmitting HIV to their infant than older women

Why Young Women Are More Vulnerable

- Both biological & social vulnerabilities
- Low sexual negotiation power
- Older partners
- 1 in 3 face violence
- Infected semen stays in woman's body (& vaginal mucosa is larger than penile mucosa)
- Tearing of genital tissues during unwanted or violent sex
- 4000 infected every week (before the funding cuts, now more)



When young women who are vocal in calling for political changes in Sudan, to activists who are fighting harmful cultural practices, there is no doubt that young women are shaping Africa's future.

Akilah Workshop/Flickr.

Adolescent Pregnancy & Root causes



- 21 Million 15-19 years olds are pregnant every year year
- In Africa up to 40 % of teenage girls are either pregnant or mothers



Globally,
1 million girls under 15
give birth each year

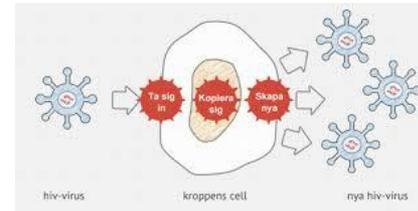


This can put an end
to their education

Impact of Adolescent Pregnancy on Schooling

- **Dropout:** Those who give birth before age 18 are much less likely to finish high school (40-53% completion)
- At least 30% (up to 79%) of pregnant teenagers drop out of school
- **Reasons for Leaving:** Hard to balance childcare with education and social stigma is strong
- **Long-Term Impact:** Reduced educational attainment, less than 2% finish college by age 30 (US data).

How is HIV transmitted?



- Unprotected vaginal/anal intercourse from someone living with HIV who is NOT on ART (risk 1/10 to 1/10,000)
- Unprotected oral sex- lower risk but not 0
- Mother to child (1/3 to <1/100)
- Non-sterile syringes
- Unsafe blood & blood products
- Highest risk if high viral load (HIV in body fluids)
- Viral load can vary 10,000 times between individuals, disease phase and treatment
- Easier to get infected if wounds, more target cells, larger surface area (women, MSM, uncircumcised men)



How is HIV NOT transmitted?

-
- Very low likelihood of transfer whatever you do...
 - Close body contact
 - Hugs
 - Kissing (but can be transmitted via unprotected oral sex)
 - Sharing food/glasses/cutlery/plates
 - Sharing toilet
 - Coughing/sneezing
 - Baths/swimming pools
 - Insect bites
 - Shared towels
 - From someone with undetectable virus (on ART, U=U)



Undetectable = Untransmittable

What Works?

- Education = Protection
- Schools are critical
- Teachers are key (you know that of course...!)
- Keep girls in school
- End child marriage
- Access to contraception
- CSE



Why It's Hard to Teach CSE

- Cultural norms
 - Taboos/Laws
 - Teacher discomfort
 - Parent resistance
 - Fear of being ridiculed?
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- **What is worst?**
 - **What is easiest?**
 - **Tips to peers?!**



What's worst to talk about (in CSE)?

sensitive, embarrassing or just really hard to talk about...



- Sex & relationships
- LGBTQI+?
- Menstruation
- Sexual violence/abuse
- Pregnancy
- Puberty

- **Can this be overcome?**

Task protect young people from having to learn from their own mistakes



What do you think students need vs want to know related to comprehensive sexual education?

- Puberty
- Pregnancy
- Contraception
- Sexual consent
- On-line risks
- Relationships
- **Am I normal??**

Key messages for young people that all schools should teach

What happens in puberty (how the body changes in both boys and girls, that breast and genital organ look different but still are "normal", menstruation, sexuality, and that masturbation is not dangerous)

How one gets pregnant, and how to protect against unintended pregnancy: contraception, condoms, that it is your right (and OK) to say no to unwanted sex

Inform about predators on social media, warn against ever taking nude (mobile) photos or share them with boyfriends or girlfriends

HIV can be prevented, but if you think you are positive or risk it is very important to go for an HIV test.

HIV treatment free of charge and will save your life and make it long and healthy with zero risk of transmit HIV to your partners or babies.

You can make a huge difference!

Teachers:

- Trusted
- Counteract misinformation
- Reach millions
- Changemakers
- Saves lives

Final message on CSE

- Teach early
- Teach clearly
- Listen to what young people really want to know
- Be brave

