

## FACTS AND MYTHS CARDS FOR STUDENTS

1. Photocopy these pages and cut up into packs, with one pack for 2-3 students.
2. Ask the students to sort them into facts and myths. (5 minutes)
3. Once they are complete go through each one and ask them to put their hands up if they thought it was either a myth or a fact. Use the teacher answer sheet below and information from the [full booklet](#) to help manage the conversation and explore each one a little further.

 <p>HIV stigma is often based on misinformation</p>	  <p>HIV is a 'gay' disease</p>
 <p>You can get HIV from kissing or sharing a cup with someone</p>	 <p>Some people are born with HIV</p>
 <p>If you get HIV you will die young</p>	 <p>If a person's viral load (amount of HIV in their blood) is undetectable they cannot pass it on</p>



HIV stands for Human  
Immunodeficiency  
Virus



There is no cure for HIV



You can't be a  
surgeon, medical  
professional or  
member of the  
armed forces if you  
live with HIV



It's dangerous to be  
near a person living  
with HIV



HIV is a manageable  
long term health  
condition like diabetes



HIV stigma is  
often based on  
misinformation

## TEACHER'S ANSWER SHEET

HIV stigma is often based on misinformation	HIV is a 'gay' disease
<b>FACT</b>	<b>MYTH</b>
HIV carries a lot of stigma, mainly because people who are not educated about it make moral judgements about how someone has contracted HIV.	While some groups of people are disproportionately affected by HIV, it can affect anyone.
You can get HIV from kissing or sharing a cup with someone	Some people are born with HIV
<b>MYTH</b>	<b>FACT</b>
You cannot get HIV from kissing or sharing cups or cutlery.	This is a fact many people are not aware of. Around 500 children currently access children's HIV care in the UK and Ireland.
If you get HIV you will die young	If a person's viral load (amount of HIV in their blood) is undetectable they cannot pass it on
<b>MYTH</b>	<b>FACT</b>
Most people living with HIV who are on effective medication will have the same life expectancy as a person not living with HIV.	This is Undetectable = Untransmittable (U=U).

HIV stands for Human Immunodeficiency Virus	There is no cure for HIV
FACT	FACT
	This is true, but scientists are working towards a cure. Treatments available are so effective in controlling HIV that it is essentially like a cure.
You can't be a surgeon, medical professional or member of the armed forces if you live with HIV	It's dangerous to be near a person living with HIV
MYTH	MYTH
In some professions you may need more support from your doctor, but there are no jobs you are unable to do because of HIV.	There is nothing dangerous about being near a person living with a long term health condition.
HIV is a manageable long term health condition like diabetes	HIV stigma is often based on misinformation
FACT	FACT
HIV is a long term health condition that is well managed by medication.	HIV carries a lot of stigma, mainly because people who are not educated about it make moral judgements about how someone has contracted HIV.