

# THE SUPER SLEUTHS



## LEARN ABOUT HIV AND AIDS

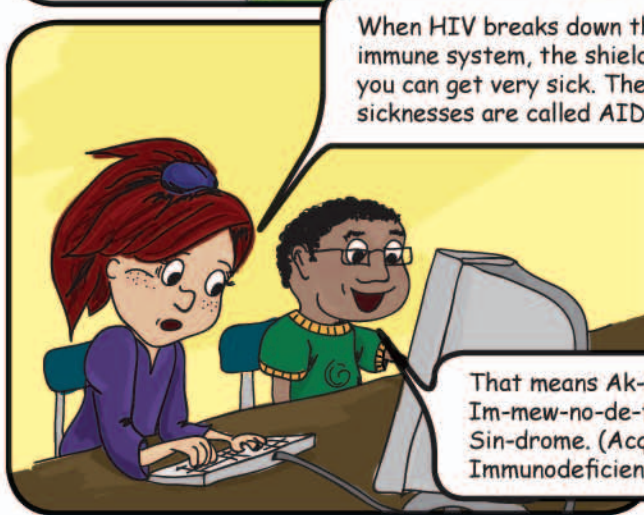
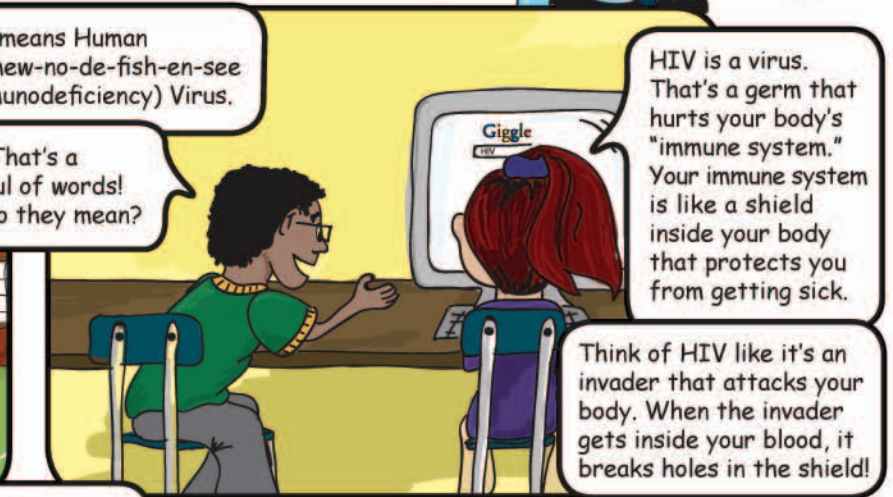
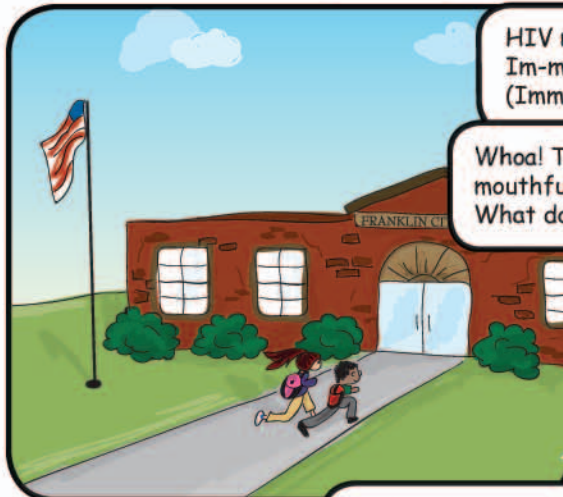
An activity book for children in grades 4-5

New York State Department of Health

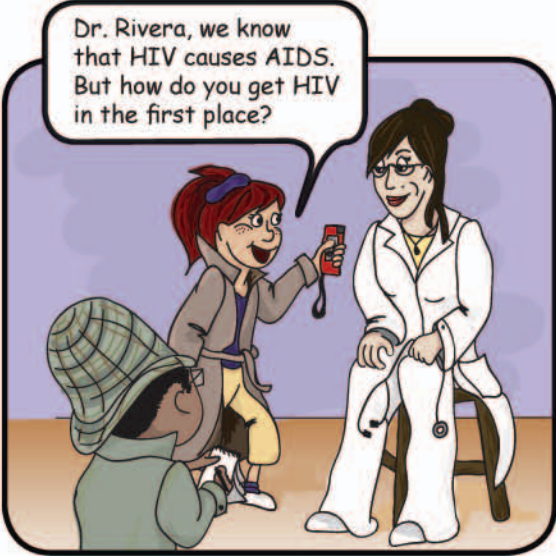
This booklet is designed to provide children in Grades 4 and 5 with basic information about HIV and AIDS in an entertaining format. The booklet begins with a story, *The Super Sleuths*, which contains all the information children will need to complete the activities that follow. Instructors, parents, and caregivers are encouraged to read and review the story with children. Students can then do the activities on their own or with help.

For more information on HIV/AIDS instruction, visit the New York State Education Department website at: <http://www.emsc.nysed.gov/sss/HIV>. For more information on HIV/AIDS, visit the New York State Department of Health website at: <http://www.health.state.ny.us/diseases/aids/index.htm>.

# THE SUPER SLEUTHS: LEARN ABOUT HIV AND AIDS



That means Ak-wired Im-mew-no-de-fish-en-see Sin-drome. (Acquired Immunodeficiency Syndrome)



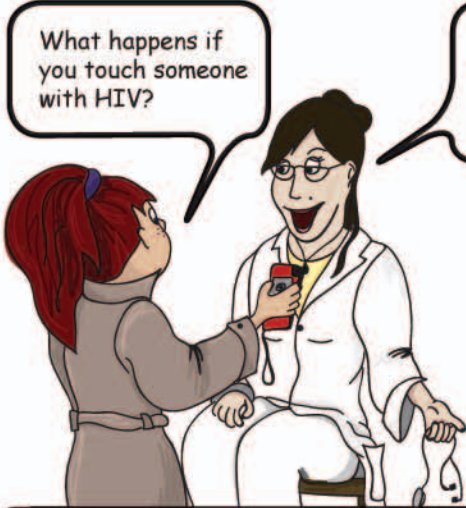
Dr. Rivera, we know that HIV causes AIDS. But how do you get HIV in the first place?



HIV is not like a cold or a flu germ that you can get if someone coughs or sneezes on you.

You can get HIV if the blood of a person with HIV gets into your blood. If someone with HIV puts a needle in their skin, their blood might stay in the needle. If another person puts that same needle in their skin, they may get HIV.

People can also get HIV if they have sex with a person with HIV.



What happens if you touch someone with HIV?

You can't get HIV by shaking hands with someone or by giving them a hug. That's called "casual contact." And you can't get HIV by sharing food, by drinking from the same water fountain, or from a mosquito or bug bite.



Wow! I didn't know that.



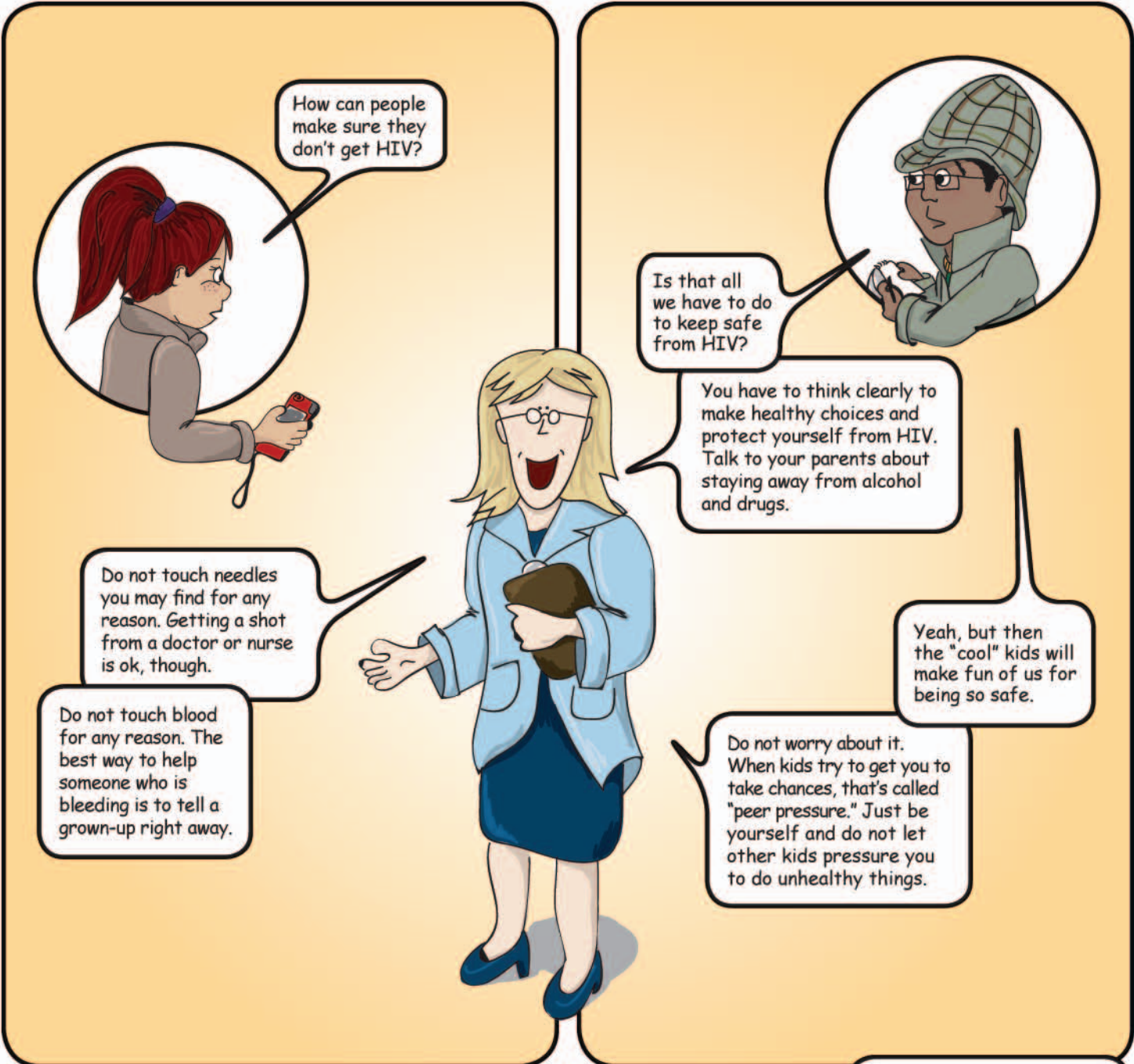
Can you get a shot so that you do not get HIV—or take a pill to make it go away?

Scientists have not found a cure for HIV yet. But there are medicines that people with HIV and AIDS can take to stay healthy and to live longer.



With the science scoop, it's back to school for the young snoops...

Mrs. Myers  
SCHOOL NURSE



How can people make sure they don't get HIV?

Is that all we have to do to keep safe from HIV?

You have to think clearly to make healthy choices and protect yourself from HIV. Talk to your parents about staying away from alcohol and drugs.

Do not touch needles you may find for any reason. Getting a shot from a doctor or nurse is ok, though.

Do not touch blood for any reason. The best way to help someone who is bleeding is to tell a grown-up right away.

Yeah, but then the "cool" kids will make fun of us for being so safe.

Do not worry about it. When kids try to get you to take chances, that's called "peer pressure." Just be yourself and do not let other kids pressure you to do unhealthy things.



They know healthy choices, now they need more voices...

Mr. Griffin, you work with people who have HIV or AIDS. What are they like?

You cannot tell someone has HIV or AIDS just by looking at them. Anyone can get HIV. It does not matter what country you are from, what color you are, or how old you are.

Be fair to people with HIV and respect them—just like you respect yourself.



Back in the school hall,  
they can't wait to tell it all...

Mr. Lin! We have the  
scoop on HIV and AIDS!

Just in time! I  
changed my plans  
— our HIV/AIDS  
lesson is tomorrow.  
Why don't you two  
be the teachers?

Let's go! We have  
to write that report!

Mona and Steve can soon relax,  
once they teach their friends the facts...

It's easy to protect  
yourself from HIV if  
you make healthy choices.  
**Never touch anyone's blood  
or needles. Be safe—talk  
to your parents about  
staying away from alcohol  
and drugs**

Protect yourself!

Make  
healthy  
choices

It's safe to be around  
people with HIV or  
AIDS. We should treat  
them with respect just  
like everyone else.

RESPECT

Those Sleuths—  
they should teach  
the class every day!

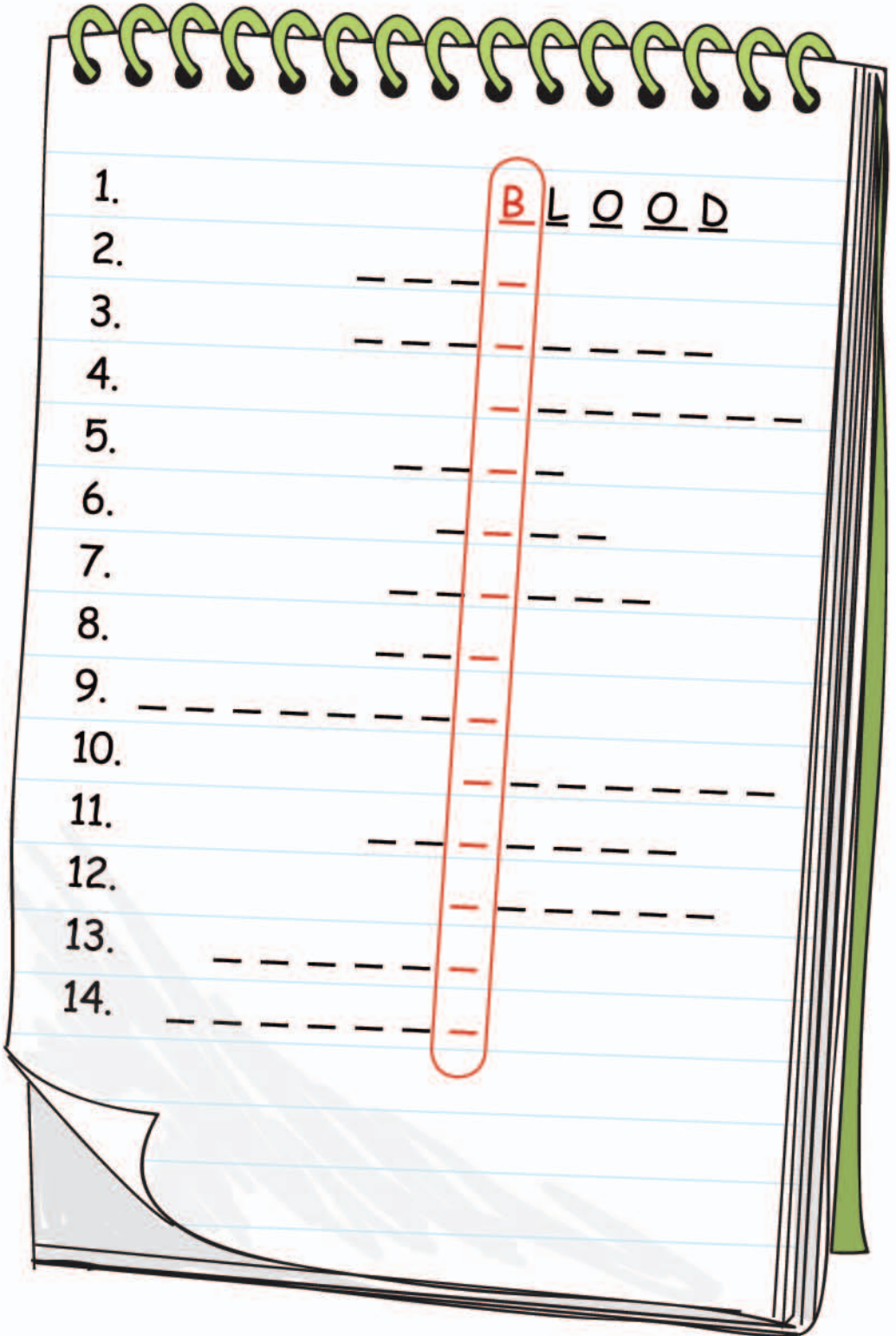
# WORD SCRAMBLE: DECODING THE HIDDEN MESSAGE

Each of the sentences below has a missing word that can be found in the box to the right. Put the missing word in the same number space on Steve and Mona's notepad. Fill in all the missing words correctly to reveal a hidden message in the red spaces! All the clues you need are in the Super Sleuth's story.

1. You can get HIV if the [B L O O D] of a person with HIV gets into your blood.
2. There is no [ \_ \_ \_ ] for HIV or AIDS.
3. Do not let other kids [ \_ \_ \_ \_ \_ ] you to do unhealthy things.
4. Drinking [ \_ \_ \_ \_ \_ ] or taking drugs makes it hard to think clearly and protect yourself from HIV.
5. Play it [ \_ \_ \_ ] — talk to your parents about staying away from drugs and alcohol.
6. A virus is a [ \_ \_ \_ ] that gets into your blood.
7. You cannot get HIV or AIDS through [ \_ \_ \_ \_ \_ ] contact.
8. If you [ \_ \_ \_ ] yourself, find a grown-up right away.
9. A [ \_ \_ \_ \_ \_ ] bite cannot give you HIV.
10. It is easy to [ \_ \_ \_ \_ \_ ] yourself from HIV.
11. [ \_ \_ \_ \_ \_ ] choices are not drinking and not doing drugs.
12. HIV hurts the body's [ \_ \_ \_ \_ \_ ] system.
13. Don't be [ \_ \_ \_ \_ \_ ] of people with HIV or AIDS.
14. People can get HIV from used [ \_ \_ \_ \_ \_ ].

# MISSING WORDS

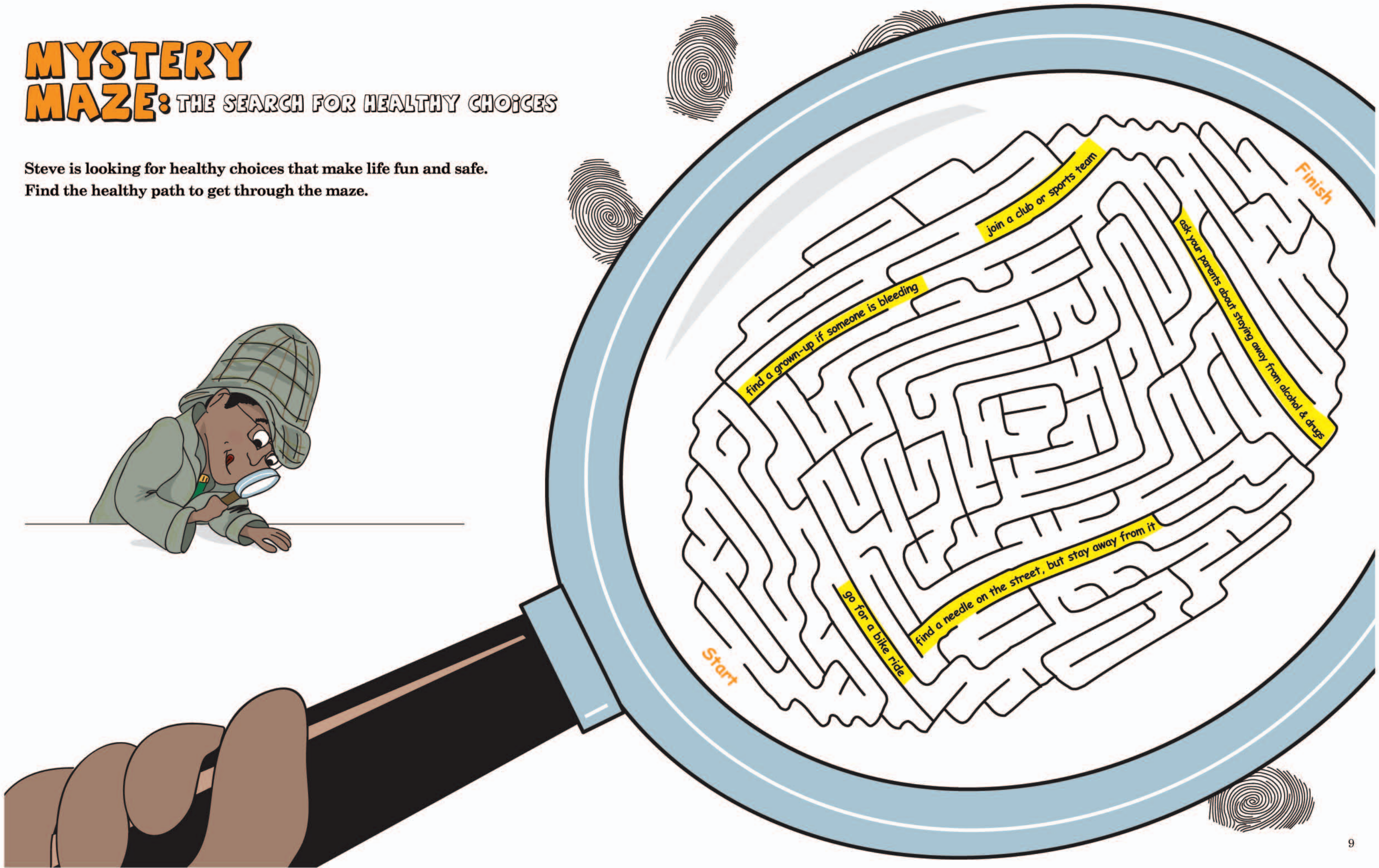
- HEALTHY
- CURE
- MOSQUITO
- SAFE
- GERM
- ~~BLOOD~~
- CUT
- CASUAL
- NEEDLES
- AFRAID
- PRESSURE
- IMMUNE
- ALCOHOL
- PROTECT





# MYSTERY MAZE: THE SEARCH FOR HEALTHY CHOICES

Steve is looking for healthy choices that make life fun and safe. Find the healthy path to get through the maze.



# FACT FINDER: SEARCH FOR TRUTH ABOUT HIV & AIDS

Help Mona and Steve decide which sentences about HIV and AIDS are true or false. Place a T (true) or an F (false) in the blank spaces next to each sentence.

- \_\_\_\_\_ 1. AIDS is caused by a virus called HIV.
- \_\_\_\_\_ 2. You can get a shot (a vaccine) to protect yourself from HIV or AIDS.
- \_\_\_\_\_ 3. There are medicines that people with HIV or AIDS can take to live longer, healthier lives.
- \_\_\_\_\_ 4. You can get HIV by shaking hands with or hugging someone with HIV.
- \_\_\_\_\_ 5. You can get HIV if the blood of a person with HIV gets in your blood.



- \_\_\_\_\_ 6. HIV breaks down the body's immune system.
- \_\_\_\_\_ 7. HIV and AIDS can be spread like a cold or the flu.
- \_\_\_\_\_ 8. You can tell if people have HIV or AIDS by looking at them.
- \_\_\_\_\_ 9. If a mosquito bites someone with HIV, it can give HIV to the next person it bites.
- \_\_\_\_\_ 10. Having sex and sharing needles are the two main ways that people get HIV.



# ANSWERS:

## Word Scramble (pages 6–7)

- |             |             |             |
|-------------|-------------|-------------|
| 1. BLOOD    | 7. CASUAL   | 13. AFRAID  |
| 2. CURE     | 8. CUT      | 14. NEEDLES |
| 3. PRESSURE | 9. MOSQUITO |             |
| 4. ALCOHOL  | 10. PROTECT |             |
| 5. SAFE     | 11. HEALTHY |             |
| 6. GERM     | 12. IMMUNIE |             |

**Hidden Message:**  
**BE SAFE. STOP AIDS.**

## Mystery Maze (pages 8–9)



## Fact Finder (pages 10–11)

- |      |       |
|------|-------|
| 1. T | 6. T  |
| 2. F | 7. F  |
| 3. T | 8. F  |
| 4. F | 9. F  |
| 5. T | 10. T |

