

ARISE BRAIN FOOD SUPERCHARGING YOUR SYSTEM

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50 TIPS FOR AVOIDING STDs, HIV, AND AIDS

50 TIPS FOR AVOIDING STDs, HIV, AND AIDS

1. AIDS is an acronym for Acquired Immunodeficiency Syndrome, a life-threatening disease that attacks the body's immune system.
2. Acquired means something people get after they are born. Immunodeficiency means one's system lacks what it needs to protect the body against illness. A syndrome is a pattern of signs or symptoms of illnesses that occur over a period of time.
3. AIDS is caused by a virus known as HIV (Human Immunodeficiency Virus). HIV is found in bodily fluids such as blood and semen. It can also be found in small amounts in saliva, intestinal secretions and tears.
4. People find out they have HIV by having their blood tested. The test—called ELISA—doesn't measure the actual presence of HIV; rather, it measures the immune cells that try to combat HIV.
5. Testing “positive” for HIV means that the immune cells that try to fight HIV showed up in the results and that the person has the virus in his body.
6. A person with AIDS may be unable to fight everyday illnesses.
7. Invading organisms in people with AIDS cause pneumonia, meningitis, and certain kinds of cancer. These diseases, not the AIDS virus itself, often cause death.
8. Some people may be HIV-positive, yet not have any symptoms; these people could infect others without even knowing it.
9. Having AIDS means that a person has some kind of illness because the body no longer has what it needs to fight off disease or infections.
10. People with AIDS frequently develop serious illnesses, get better, and then get sick again in a recurring cycle. Eventually, people with AIDS die of these illnesses.

11. AIDS can enter the body through infected bodily fluids, such as those introduced through sexual intercourse, blood, needles, or transfusions.
12. Before 1985, it was possible to get HIV through blood transfusions and the plasma used by hemophiliacs (people with a blood disease) because there was not yet a way to test the blood supply for HIV. All donated blood is now carefully tested, making the blood supply in the United States and Europe very safe.
13. Illegal drug users who use dirty and infected needles often contract HIV.
14. Drugs can impair one's judgment. If a person is in a sexual situation and is using drugs and alcohol, he may be less likely to think about safe sex.
15. There are four ways a person can get AIDS:
 1. Receiving a blood transfusion containing blood carrying the virus
 2. Transferring AIDS from a pregnant woman to her baby
 3. Sharing needles with an HIV-infected person
 4. Having sexual intercourse with a person who has the AIDS virus
16. The surest way for young people to cut the risk of getting AIDS is to not have sexual intercourse at all.
17. Scientists are sure a person can't get AIDS by:
 - Touching an AIDS patient
 - Swimming in a pool
 - Hugging
 - Drinking from a water fountain
 - Sitting on a toilet seat
 - Breathing air
 - Eating in restaurants
 - Using the telephone
 - Shaking hands
18. People carry HIV in their bodies a long time before symptoms appear. Not all people infected with the virus actually develop AIDS.

HOW IS IT SPREAD?

Name three ways you can and three ways you cannot contract HIV. Refer to your 50 tips for help.



CAN

CANNOT

LEARNING ALL YOU CAN

Think about the 50 Tips for Avoiding STDs, HIV, and AIDS. Write one fact next to each sexually transmitted disease from your list.

AIDS _____

Herpes _____

Genital warts _____

Gonorrhea _____



