Activity – HIV simulation

Directions: Please obtain a card from teacher or teacher can poll class for who wants to be what.

- Cards will describe risk level
  - High risk 25% of class
  - Medium risk 50% of class
  - Low risk 25% of class
  - No risk 25% of class

Teacher will assign a level of risk, i.e.- how many times you swap fluids and with what type of person.

- Teacher will direct swapping of fluids.
  - I create large class set of plastic cups filled less than halfway with water.
  - I mix baking soda into one of the cups thoroughly.
  - I remind students not to look in cup / cheat as it will ruin the simulation.
  - I pass out the cups to everyone secretly making sure the infected cup "baking soda" enters the high risk population
  - I have the high risk all swap with one high risk partner by mixing their drinks "swapping fluids" (Pour contents from one cup to the other and back until they both have mixed) – should end with just less than half in each cup.
  - I have two medium risk students visit a high risk person.
  - Next I have all the medium risk students swap once with each other
  - Next I have one low risk visit a medium risk.
  - Next I have all the low risk swap with each other.
  - Abstinence students do not swap.

Then we will test everyone and see who contracted the virus.

- If the litmus paper turns dark green you have contracted the HIV virus.
- If the litmus paper turns medium colored green you have contracted the HIV virus
- If it turns a very light green you maybe came in contact but did not contract the virus.
  - Please don't cheat – By carefully examining the cups, you can see which is infected. It is easy to do, and it ruins the simulation for everyone.

Follow-up questions –

- Questions to HIV Simulation
  - What was your risk (High, Medium, Low)?
  - Did you test positive of negative for the virus?
  - How did the virus travel through the group?
    - Try and record its path through the class, who gave it to whom?
  - What was the percentage of students who ended up contracting the virus?
    - The # of HIV positive divided by the total x 100.

Usually the virus trickles down to the medium risk students and on occasion to the low risk population. If you know who has the virus and watch their exchanges, you can extend swapping to infect more if needed. Please make note to the students how abstinence was the only way to be 100% safe.