

LESSON NUMBER 10

TASK: HIV AND “SAFE SEX” PRACTICES

CONDITION: In a small group discussion environment.

STANDARD: Be familiar with the following:

- The extent of the HIV/STD epidemic in the United States.
- Who is at risk for HIV/STD infection.
- Strategies for reducing risk of HIV infection.
- Risk of HIV infection associated with deployment to areas where HIV is common.

TIME OF INSTRUCTION: 1 Hour

1. The extent of the HIV/STD epidemic in the United States (Seroconversion means changing from being HIV negative to HIV positive.)

a. Males are over 3 times as likely as females to seroconvert.

b. Unmarried soldiers are over 2 times as likely to seroconvert as married soldiers are.

c. Soldiers with lengths of service (LOS) less than 3 years and those with LOS between 3 and 5 years have similar seroconversion rates. Those with LOS of 6 or more years have a lower seroconversion rate.

2. Who is at risk for STDs/HIV infection?

a. Young adults.

b. Women of childbearing age.

3. Strategies for reducing HIV/STD infection.

a. Responsible sexual activity or abstinence from sexual activity outside of marriage.

b. Avoid:

(1) Multiple sex partners.

(2) Sex partners who have many other sex partners.

(3) Sex partners who have high risk sex partners.

(4) Unfamiliar sex partners.

- c. Use condoms, when appropriate.
 - d. Don't inject illegal drugs.
4. Risk of HIV infection associated with deployment to areas where HIV is common.
- a. Where will the deployment take place?
 - b. How long will the deployment last?
 - c. What type of mission will the deployment be?
 - d. What will be the degree of contact with local inhabitants?

