
Hour 1: Introduction to the history of HIV and who is affected

This hour will introduce the history of HIV, and explore the stigma and prejudices during the early years of the epidemic. The instructor will educate on who is primarily affected and the reasons why HIV affects one demographic of people more than others.

Hour 2: Introduction to the workings of a healthy immune system and how HIV disrupts it

This section will introduce how HIV disrupts the healthy immune system and the progression of the disease. The instructor will discuss medication options and new developments. Participants will engage in an activity to help them understand which behaviors are risky and why. A discussion on Harm Reduction techniques will follow.

Hour 3: Supporting clients at risk or living with HIV/AIDS

This hour will focus on the process and benefits of testing and how to evaluate a client's risk for contracting HIV. Strategies on how to support clients who are diagnosed or living with HIV/AIDS will be explored.