

# HIV/AIDS CUBE®

(Use the arrows on the cube to help you see how to open the pictures!)

## PREVENTION NOT INFECTION

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- (Point to healthy people on left) Everyone wants to have a healthy body. Our bodies are designed in some ways like these doors to keep out disease and keep us healthy.
- (Point to sick people on right) The pictures on this cube will tell you about a very serious disease that kills many people. It is called HIV at first. Then it develops into AIDS. HIV is a REAL Disease that can be spread to others AND CAN BE PREVENTED.
- (Point to sick person on upper right) When people first get HIV, often they look healthy. Many people look healthy but have this terrible sickness. But once you have this sickness, you can never get rid of it.
- (Point to Doors): When our body's doors of defense are opened, the HIV/AIDS disease can enter our bodies. Often this causes us to die early from disease.

### What is HIV?

- (Open left door about half way) Sometimes a person does things that open the door to get HIV. Sometimes a person makes choices that increase the risk of getting the disease of HIV/AIDS.
  - (Open right door about half way) Sometimes other people open the door for you to get HIV. Other people can open the door for us through violence against others or even by not telling others that they are HIV-positive. But often you can do things to protect yourself from the decisions of others.
- (As you are about to open both doors) First, we will talk about ways that you and others can open the doors to get HIV/AIDS. These are things we want to avoid.

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### How is HIV Spread?

- HIV is spread through fluids from the body of someone infected with HIV coming into contact with the body fluids of a healthy person. These can be sexual fluids, blood or some other body fluids.
  - (Point to man and woman): Having sex with someone who is HIV-positive opens your body's doors of defense and can cause infection with HIV. Through violence against women, others can expose you to HIV.
  - (Point to pregnant woman): During childbirth, HIV can be transmitted from mother to baby. There are precautions that can be taken to minimize this risk that we will talk about on the next panel.
  - (Point to needle): HIV can be transmitted by use of needles that have been used by someone who is HIV-positive.
  - (Point to blood donor / supply): HIV can be transmitted by receiving blood that has been infected with HIV.
  - (Point to needle): HIV can also be transmitted by sharing sharp objects, like needles, scissors or razor blades, that have been used by someone who is HIV-positive.
  - So, blood, sexual fluids, and some other body fluids are carriers of HIV. You can be infected with HIV if these HIV-infected blood or fluids get into your body.
- Now we will talk about how HIV is NOT spread (turn to next panel).

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### How is HIV not spread?

- Again, HIV is spread primarily through contact with blood, sexual fluids or some other body fluids from a person who is HIV-positive.
  - (Point to holding hands): So HIV is NOT spread through casual contact with people, such as holding hands.
  - (Point to bathing woman): So HIV is NOT spread through bathing in the same water used by people infected with HIV.
  - (Point to Mosquito): So HIV is NOT spread by insects such as mosquitoes or flies.
  - (Point to dining): Prolonged casual contact with HIV-positive people, such as eating together, does NOT spread HIV.
  - While casual contact will NOT spread HIV, spending time with HIV-positive people will encourage them and show them they are loved and cared for.
- Now we will talk about HOW you can know your HIV status (open cube to next panel).

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### GET TESTED!

- Knowing your HIV status is the FIRST STEP in protecting YOURSELF and OTHERS from HIV! EVERYONE SHOULD BE TESTED.
- If you test NEGATIVE, there are things you can do to PROTECT YOURSELF. If you test POSITIVE, there are things you can do to PROTECT OTHERS and lengthen your life and increase your HIV-Positive quality of life.
- (Point to girl): This young lady looks perfectly healthy as do many people who are HIV Positive. Often, symptoms of being HIV Positive do not show up for long periods after being infected with HIV.

- You can be TESTED at a Hospital, clinic or church. When you go to be tested (point to clinic and figures of two people), it is important to take a supportive friend along with you.
- YOU should be tested and encourage your friends and family to be tested. SHOW LOVE by BEING TESTED and ENCOURAGING your friends and family to be tested.
- SLOWING THE SPREAD OF HIV BEGINS WITH KNOWING YOUR STATUS...BE RESPONSIBLE, BE A FRIEND... GET TESTED!

Now we will discuss ways you can protect yourself from HIV (open cube to next panel)

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### You can protect yourself and others from HIV

- (Point to husband and wife) As sexual contact with someone who is HIV Positive is a MAJOR cause of spreading HIV, understanding that sex is designed to be shared in marriage between ONE man and ONE woman is very important.
- (Point to Shield) Since Sex is SPECIAL for marriage, we can GUARD our HEARTS and bodies for our 1 future spouse by ABSTAINING from sex until marriage.
- FAITHFULNESS between husband and wife is the foundation of a lasting, joyful marriage. Being faithful to your 1 spouse after marriage will prevent the HIV spread that occurs much more with multiple partners. ABSTINENCE is pre-marital FAITHFULNESS.
- (Point to blood bag): Ensuring a safe blood supply will prevent the spread of HIV.
- (Point to needles, scissors and razor blade): Ensure that you use ONLY NEW sharp instruments such as needles and razor blades during tattooing, ceremonial marking and piercing.
- (Point to clinic): Again, KNOWING YOUR HIV STATUS through TESTING is the FIRST step in protecting yourself and others.
- (Point to condom): If you are unsure of YOUR or YOUR SPOUSE'S HIV STATUS, you should use a condom consistently and correctly to lower the risk of spreading HIV. Condom usage is much less effective than Abstinence and Faithfulness but can lower risk of HIV transmission.

Now we will show what steps to take IF you test Positive for HIV (open cube to next panel)

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### What should you do if you test positive for HIV?

- One of the most powerful ways of slowing the spread of HIV is telling others your HIV Status if you test positive for HIV. THIS is the FIRST STEP in protecting others. You can EXTEND YOUR LIFE and IMPROVE YOUR QUALITY OF LIFE by following these simple steps:
- (Point to food): Eating a healthy, balanced-diet is an important part of keeping our bodies strong.
- (Point to cigarettes and alcohol): Smoking cigarettes and drinking alcohol, a depressant, lower your body's ability to be strong resulting in AIDS which will shorten your life.
- (Point to working, fishing, jogging): Leading a full, active life of work and exercise will keep your mind and body strong and slow the advance HIV into AIDS.
- (Point to ARV drugs): Taking ARV drugs is very important in slowing HIV into becoming AIDS. Taking these drugs consistently will allow you to live a longer more positive life with HIV.
- KNOWING YOUR STATUS through testing is Step 1. IF HIV POSITIVE, you can extend your life by following the simple steps we just discussed.

Now, we will talk about some specific ways we can embrace, encourage and empower those who are HIV Positive (open cube to final panel)

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### Encourage, Empower, and Embrace those with HIV

- We can build HOPE on a foundation of LOVE for those with HIV. Reach out and show love through helping. This is the Number 1 way to remove the stigma of HIV/AIDS.
- (Point to visit in hospital or home): You can encourage those with HIV by providing personal care such as bathing, grooming, dressing, visiting, talking or reading to them.
- (Point to carrying water): You can empower those with HIV to live relatively normal lives by helping them with fetching water, working in fields, preparing meals or caring for their children.
- (Point to paperwork / will): You can empower HIV-positive people by helping prepare wills, letters and other paperwork with end of life instructions. While this may feel uncomfortable at times, it is necessary toward the end of everyone's life.
- (Point to Hospital / Clinic / Church): Transport those with HIV TO and FROM their hospital or clinic visits. This helps and encourages them.
- (Point to Heart in middle): Above all else, we need to EMBRACE those living positively with HIV. SHOWING LOVE REMOVES STIGMA, RESTORES DIGNITY AND GIVES HOPE.

GET TESTED. KNOW YOUR STATUS. LIVE RESPONSIBLY AND POSITIVELY TO LENGTHEN YOUR LIFE. EMPOWER, ENCOURAGE AND EMBRACE THOSE LIVING WITH HIV and pass on this life saving information.



BUILDING  
**HOPE**  
ON A FOUNDATION OF  
**LOVE**

The World is being swallowed  
by the Pandemic of **HIV/AIDS**...

...and is watching to see how we will respond.

More importantly, God is watching how the  
Body of Christ will respond to "the least of  
these" ...His children.

From the makers of **EvangeCube®**, the  
**HIV/AIDS Cube™** is a clear, simple tool that  
presents the facts about **HIV/AIDS** and how  
to prevent the contraction and spread of  
**HIV/AIDS**.

Using the Universal Language of **PICTURES**,  
**YOU** can share the Truth and build a foundation  
of **HOPE** for the hopeless...**YOU** can represent  
the **LOVE** of Jesus Christ in a practical way  
that opens wide the door to a more personal  
relationship with God



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