



Excellect 209 (PTY) LTD Trading as

NICORE

Training and Development

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**DEMONSTRATE AND
UNDERSTANDING OF SEXUALITY
AND SEXUALLY TRANSMITTED
INFECTIONS INCLUDING HIV/AIDS**

US 14656

NQF Level: 01

Credits: 5

COURSE OVERVIEW





PURPOSE OF THE UNIT STANDARD

This Unit Standard is for any learner who needs to demonstrate an understanding of sexuality and sexually transmitted infections (STIs), including HIV/AIDS, and the impact of these infections on oneself, as well as in the workplace and society. It is also aimed at encouraging a healthy lifestyle.

A learner credited with this unit standard is able to:

- Demonstrate an understanding of sexuality.
- Demonstrate an understanding of the nature, transmission and prevention of sexually transmitted infections including HIV/AIDS.
- Describe means to cope and deal with sexually transmitted infections including HIV/AIDS.
- Describe human rights of individuals living with HIV/AIDS and other sexually transmitted infections.

This Unit Standard is intended for any person, from all backgrounds within South African society. It may be used as a core or elective within a GETC or any vocationally based qualification.

The Unit Standard will help to contribute to the full development of the learner through his/her understanding of sexuality and other sexually transmitted infections and the impact on the social and economic transformation within South Africa.

Specific Outcomes and Assessment Criteria:

SPECIFIC OUTCOME 1

Demonstrate an understanding of sexuality.

ASSESSMENT CRITERIA

1. Different sexual orientations and preferences are identified with reference to community values and perceptions and attitudes towards these.
2. Rights and responsibilities in protecting sexuality are identified with reference to the South African Constitution.

SPECIFIC OUTCOME 2

Demonstrate an understanding of sexually transmitted infections including HIV/AIDS.

ASSESSMENT CRITERIA

1. The terms "STIs", "STDs", "HIV", "AIDS" are explained at a basic level of understanding.
2. The nature and symptoms of sexually transmitted infections including HIV/AIDS is explained according to possible ways of infection.
3. Risk taking behaviours are explained, and preventive methods and practices regarding the transmission routes of sexually transmitted infections, including HIV/AIDS, are explained.
4. The role of sexually transmitted infections in the transmission of HIV is described, and an indication is given of how untreated STIs greatly increase the risk of transmission.



5. The ways in which mother to child transmission can occur are listed and the implications of pregnant women having unprotected sex are indicated for both the mother and the unborn child.
6. Interpersonal skills that help to reduce the risk of sexually transmitted infections, including HIV infection, are demonstrated in terms of assertive communication, negotiation and decision-making.
7. The importance of pre and post-test counselling is explained and the implications of HIV testing for an individual are discussed in terms of making a personal decision to take an AIDS test.
8. The importance of lifestyle changes to boost the immune system are discussed, with reference to diet and stress management.

SPECIFIC OUTCOME 3

Describe means to cope and deal with sexually transmitted infections including HIV/AIDS.

ASSESSMENT CRITERIA

1. Living with HIV/AIDS and other sexually transmitted is explained with reference to the impact on the infected and the affected individuals within the context of self, family, community, workplace and society.
2. Support towards people living with HIV/AIDS and sexually transmitted infections is described to determine the social support systems for the infected and the affected.
3. Available treatments for people living with HIV/AIDS and sexually transmitted infections are listed referring to current and available medical, herbal treatments and other legal and safe practices.
4. The benefits of an organisation's HIV/AIDS policy are discussed with reference to the reduction of prejudice and discrimination against infected persons, and the removal of stigma from the disease.

SPECIFIC OUTCOME 4

Describe human rights of individuals living with HIV/AIDS and sexually transmitted infections.

ASSESSMENT CRITERIA

1. The rights and responsibilities of the infected and affected are identified according to the Constitution and Acts that protect these rights.
2. Violation of human rights of the infected and the affected are examined according to beliefs and attitudes towards sexually transmitted infections in the workplace and society.