
Glossary of Terms

Abstinence:	To refrain from sexual contact. It is an HIV and STD prevention method that is 100% effective.
Aggressive Behavior:	Standing for one's personal rights and expressing thoughts and feelings in an inappropriate way that may violate the rights of others.
AIDS:	Acquired immunodeficiency syndrome. AIDS can affect the immune and central nervous systems and can result in neurological problems, infections, or cancer. It is caused by human immunodeficiency virus (HIV).
Alcohol:	An addictive depressant that affects the central nervous system and poses a broad range of physical and psychological dangers. Consumption of alcohol can impair judgment, lower inhibitions and induce euphoria.
Antibodies:	Proteins created by the immune system to fight germs and illnesses.
Antigens:	Germ toxins that cause the body to create antibodies.
Antiretroviral Therapy:	Drug treatment designed to prevent HIV from replicating in HIV-infected persons.
Assertive:	Expressing thoughts, feelings, and beliefs in direct, honest and appropriate ways that do not violate another person's rights.
AZT:	Azidothymidine. An antiretroviral drug used to treat HIV virus by interfering with HIV replication. AZT links itself to the HIV genetic material so the virus cannot copy itself into the cell's genetic material.
Binge Drinking:	Defined as drinking "five or more drinks in a row one or more times during a two-week period for men, and four or more drinks in a row one or more times during a two-week period for women.
Casual Contact:	The sharing of food utensils, towels and bedding, swimming pools, telephones, toilet seats, etc. The HIV virus cannot be spread through casual contact.

Central Nervous System:	Composed of three main parts; the brain, the spinal cord, and nerves. It is responsible for sending, receiving, and processing nerve impulses throughout the body.
Cognitive Growth:	The development of knowledge that enhances what one knows about a topic. Growth may be promoted by major life experiences.
Community Service:	A process that helps people learn and develop through active participation in life experiences.
Confidentiality:	Pertains to the disclosure of personal information in a relationship of trust and with the expectation that it will not be divulged to others in ways that are inconsistent with the original disclosure.
Confirmatory Test:	A highly specific test designed to confirm the results of an earlier test. For HIV testing, a Western blot or an immunofluorescence assay (IFA) is used as a confirmatory test.
Culture:	A predominant force in shaping behavior, values and institutions. It refers to the way of life of people or a society, and to behaviors, beliefs, knowledge and symbols.
DNA:	Molecular chain found in genes within a cell that carries the genetic information that enables cells to reproduce.
Female Condom:	A method of contraception that provides a physical barrier which lines the entire vagina, preventing sperm from entering the uterus. It is a thin, soft, loose-fitting polyurethane sheath that has two flexible rings. One ring lies inside the closed end of the sheath and is inserted around the cervix. The other ring is attached to the open end of the sheath and remains outside the vaginal opening.
Goal setting:	A planning process that involves defining personal objectives, and taking action steps towards their accomplishment.
Hemophilia:	A condition that is passed down through families to males, it causes the person that has the condition to bleed more than someone who does not have the condition. This means that if a hemophilic has a cut and is bleeding, that person may need a blood transfusion.
Hepatitis B:	A disease caused by a virus called hepatitis B virus (HBV) that attacks the liver. The virus can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death.
Heterosexual	Sexual acts with a person of the opposite sex.

Contact:	
HIV:	Human Immunodeficiency Virus is the virus that causes AIDS. This virus is passed from one person to another through blood-to-blood and sexual contact. Also, infected pregnant women can pass HIV to their baby during pregnancy or delivery, and through breast-feeding.
HIV Positive:	When a person infected with HIV develops antibodies to the HIV virus.
HIV Prevention:	A combination of behavioral efforts that address and build understanding about HIV infection and transmission.
Homosexual Contact:	Sexual acts with another person of the same sex.
Immune System:	Molecules, Cells and Organs within the body whose functions are to protect an individual from foreign agents or substances.
Intravenous Drug Use:	Injecting drugs into the veins using needles.
Macrophages:	White blood cells in the immune system that fight against intruders in the body. They act as a rapid protective mechanism and initiate T cell activation by processing and presenting antigen. Macrophages can fight large quantities of HIV without being killed, acting as reservoirs of the virus.
Mentoring:	A supportive relationship between a youth or young adult and an adult that offers support, guidance and concrete assistance as the younger partner goes through a difficult period, enters a new area of experience, takes on important tasks or corrects earlier mistakes.
Myth:	An ill-founded belief that has become associated with a person, institution, or occurrence, especially one considered to illustrate a cultural ideal.
Opportunistic Infection:	An illness caused by an organism that most people with a normal immune system would be able to fight more effectively. People with HIV suffers opportunistic infections because the immune system is weakened.
Passive Behavior:	Failure to express feelings, thoughts and beliefs that may result in being taken advantage of by another person.

Perinatal HIV Transmission:	Transmission of HIV from the mother to the fetus or infant during pregnancy, delivery, or breast-feeding.
Personal values:	A set of personal principals, standards, concepts, beliefs and ideas that are used in making decisions
Rave party:	A large dance party often associated with drugs, especially ecstasy.
Retrovirus:	A virus that uses the genes in the body's cells to make more viruses and infect other cells. The HIV retrovirus uses an enzyme to convert its RNA into DNA, which is then integrated into the host cell DNA.
Risky Situations:	A situation that exposes an individual to dangerous behaviors.
RNA:	Ribonucleic Acid. RNA transcribes the genetic code into DNA. It delivers DNA's genetic message to the cell. The HIV retrovirus carries its genetic material in the form of RNA and can replicate it to other cells.
Role Model:	Someone who is admired and imitated by others, particularly by youths and young adults. Parents, athletes and celebrities are all potential role models, and can have a good or bad influence on youth.
Self Esteem:	An assessment an individual makes about oneself and to the degree to which one is satisfied or dissatisfied with it.
Sexual Intercourse:	Sexual contact in which there is at least some form of penetration.
Sexually Transmitted Diseases (STD):	Infectious diseases spread from person-to-person through direct body contact or contact with infected body fluids. An STD is a disease acquired primarily through sexual contact with an infected partner. An individual can become infected with more than one STD at a time.
CD4 or T Cells:	Cells which help to organize your body's defenses against disease.
Toxoplasmosis:	A common infection among people with HIV and AIDS. It usually affects the central nervous system, including the brain. Some of the symptoms are headache, confusion, and fever. Other symptoms include seizures, poor coordination, and nausea.

Unprotected Sex: Sexual contact without using a condom or other protection. Many sexually transmitted diseases (STDs) can be passed on during unprotected sex, as well as the HIV virus.

Viral Load: The amount of HIV in the blood. It is measured by a viral load test.

HIV Window Period: The time it takes between the point infection with the HIV virus and the point where the infected person will test positive for HIV.



Information Sources

Centers for Disease Control and Prevention. Revised Guidelines for HIV Counseling, Testing, and Referral and Revised Recommendations for HIV Screening of Pregnant Women. MMWR 2001;50(No. RR-19): 54-58.

HIV/AIDS Treatment Information Service. Drug Information Fact Sheet.: AZT
<http://www.hivatis.org/azt.html>

Journal of the American Medical Association. The Glossary of HIV/AIDS-Related Terms
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