

KS3



**LET'S  
TALK ABOUT...**

**Gareth Thomas**

# Who is Gareth Thomas?



Gareth Thomas is one of Britain's Greatest ever International Rugby players.

He played 100 times for Wales and also captained the British Lions, before retiring from the sport in 2010.





Following his Rugby career, Thomas went on to become a pundit for the sport, before featuring on Reality TV shows *Celebrity Big Brother*, *Dancing on Ice* and *The Jump*.







Last weekend Thomas took on the Ironman Triathlon, a competition that involves:

- A 2.4 mile swim
- A 112-mile bicycle ride
- A 26 mile marathon



Thomas completed the event in just over 12 hours, an amazing achievement.

His success was made all the more remarkable due to the fact that just hours before, he recorded this personal [film](#) on Twitter.



# What is HIV?

HIV (human immunodeficiency virus) is a virus that damages the cells in your immune system and weakens your ability to fight everyday infections and disease.

HIV is not the same as AIDS. If diagnosed and treated early, people who have contracted the virus can live a long and healthy life.

# Talk Task 1

**Discuss with a partner and then feed back to your tutor group.**

Gareth Thomas said that he wanted to show how people with HIV are misrepresented as "walking around with walking sticks who are close to dying".

- ★ What do you think he means by this?
- ★ What was significant about the timing of his revelation?



# Talk Task 2

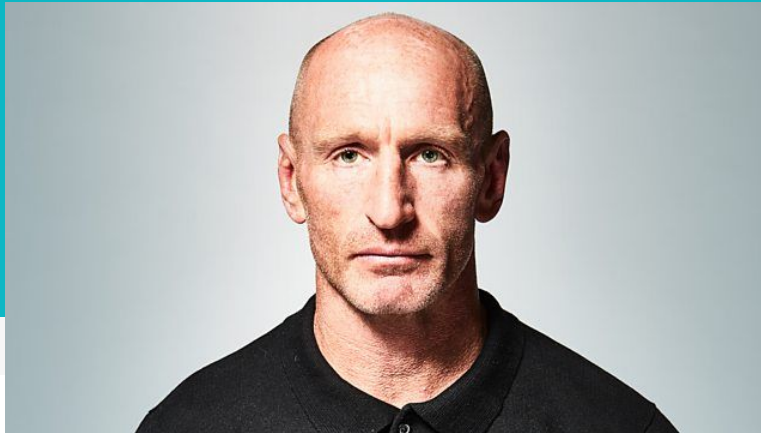
**Discuss with a partner and then feed back to your tutor group.**

In his video, which has been viewed over four million times since the weekend, Thomas talked about the “evils” who were threatening to reveal his secret unless he did so himself.

★ Why do you think Thomas wanted to broadcast this video?

# To find out more...

A documentary *HIV and Me* will be airing on BBC One Wales on Wednesday 18th September at 9pm. It will also be available to view on BBC iplayer.



KS4



***LET'S  
TALK ABOUT...***

**Gareth Thomas**

# What do you know about the HIV Virus?

## Talk Task 1:

Discuss this question with a partner for 60 seconds.  
Be prepared to feed back to the rest of the class.



# HIV

- ★ HIV (human immunodeficiency virus) is a virus that damages the cells in your immune system and weakens your ability to fight everyday infections and disease.
- ★ HIV is not the same as AIDS. If diagnosed and treated early, people who have contracted the virus can live a long and healthy life.
- ★ HIV is no longer seen as a 'death sentence.' Due to modern treatment, HIV is now seen as manageable, providing an early diagnosis has been made.

# Why are we talking about HIV?

Last weekend, International Rugby player Gareth Thomas - who played 100 times for Wales and captained the British Lions - revealed to the world via Twitter that he was HIV positive.

He made this [announcement](#) just hours before taking on the Ironman Triathlon, which involved a 2.4 mile swim, a 112 mile bike ride and a full marathon.



# Talk Task 2

Gareth Thomas completed the triathlon in just over 12 hours – an incredible achievement.

Now, think back to your earlier discussion.

Were these the sorts of images that came to mind?



# Talk Task 3

**Discuss with a partner and then feed back to your tutor group.**

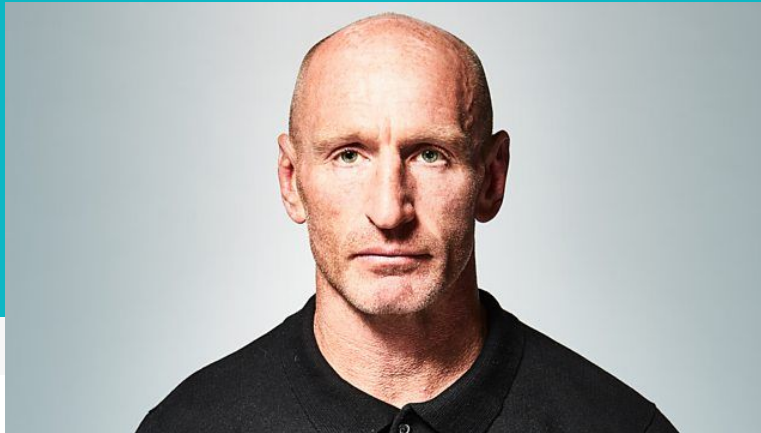
In his video, which has been viewed over four million times since the weekend, Thomas talked about the “evils” who were threatening to reveal his secret unless he did so himself.

- ★ Who do you think the “evils” are that Thomas speaks of?
- ★ Why do you think Thomas wanted to broadcast this video himself?
- ★ Do you think he has positively challenged the negative stigma of HIV?



# To find out more...

A documentary *HIV and Me* will be airing on BBC One Wales on Wednesday 18th September at 9pm. It will also be available to view on BBC iplayer.



KS5



***LET'S  
TALK ABOUT...***

**Gareth Thomas**

# Gareth Thomas



Gareth Thomas is one of Welsh Rugby's biggest heroes. He played over 100 times for his country and captained the British Lions (he later appeared in *Celebrity Big Brother* and *Dancing on Ice*).

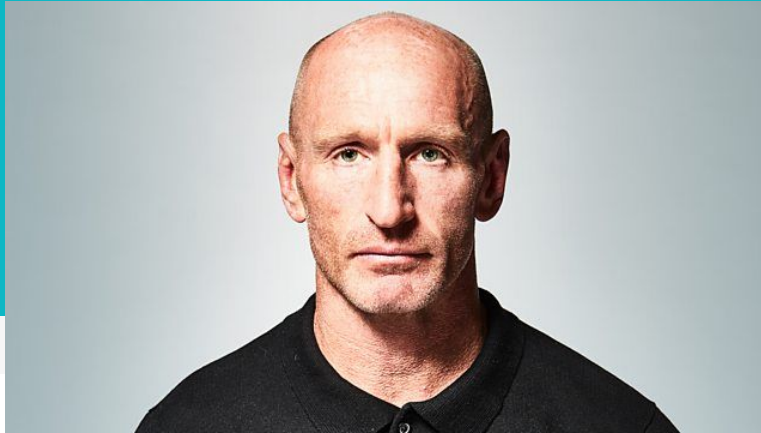
Last weekend he conquered the Ironman Triathlon (which involved a 2.4 mile swim, a 112 mile bike ride and a full marathon) in just over 12 hours – but does anybody know why else he has been in the news this week?



# “Evils”

Just hours before competing, Thomas recorded a personal message on Twitter.

This [video](#) has received over 4million views since the weekend, and reveals how he has been living with HIV.





# HIV

- ★ HIV (human immunodeficiency virus) is a virus that damages the cells in your immune system and weakens your ability to fight everyday infections and disease.
- ★ HIV is not the same as AIDS. If diagnosed and treated early, people who have contracted the virus can live a long and healthy life.
- ★ HIV is no longer seen as a 'death sentence.' Due to modern treatment, HIV is now seen as manageable, providing an early diagnosis has been made.

# Talk Task 1

Who do you think the “evils” are that Thomas spoke of?

Why do you think he was so keen to reveal this secret in a personal message on Twitter?

# Stigma

In a BBC documentary, airing tonight on BBC Wales at 9pm and afterwards on BBC iplayer, Thomas speaks about wanting to show how people with HIV are misrepresented as "walking around with walking sticks who are close to dying".

Thomas also made the headlines back in 2009 for announcing that he was gay. He was the first professional Rugby player to "come out" and he received huge waves of support for his courage and bravery.

# Talk Task 2

Do you think Thomas successfully challenged the stigma that HIV sufferers are “close to dying” given his heroics over the weekend?

Do you think that the fact that he is a homosexual man made it more difficult for Thomas to reveal that he had HIV?