



# The Logic and Path of Integrating AIDS Prevention Health Education into Higher Education in the New Era

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**Abstract.** Youth health education in universities is an important dimension of higher education with Chinese characteristics, which aims to enhance the health awareness of college students and promote the physical and mental health development of young students. Promoting the all-round development of college students, cultivating healthy lifestyles of college students, and building higher education with Chinese characteristics are the value implications of integrating AIDS prevention health education into higher education in the new era. In terms of educational goals, it is in line with the value orientation of cultivating virtue and nurturing people, in terms of educational content, it is in line with the cultivation and practice of mainstream values, and in terms of educational implementation methods, it is in line with the significant practicality, which together constitute the internal convergence point. The practical path is to give full play to the role of the second classroom as the main channel, highlight the value orientation of youth health education, build practical platforms, carry out various forms of social practice activities, pay attention to cultural influence, exert the subtle educational function of campus culture, strengthen psychological education, and leverage peer assistance.

**Keywords:** AIDS prevention education; New era; Health education in universities.

## 1 Introduce

Youth health education in universities is an important dimension of higher education with Chinese characteristics, which aims to enhance the health awareness of college students and promote the physical and mental health development of young students. The health education of young students is directly related to the physical and mental health development and status of young students, the health situation of the builders and successors of the country, and more importantly, the specific practice of the strategy of healthy universities. For a long time, a considerable number of college students have problems such as insufficient awareness of youth health, lack of AIDS prevention and self love ability, and AIDS prevention education has always been at the edge of the college education system.<sup>[1]</sup>Therefore, carrying out health education on AIDS prevention in the new era is the top priority of youth education at present.

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## **2 The Value Implication of Integrating AIDS Prevention Health Education into Higher Education in the New Era**

### **2.1 Promoting the All-round Healthy Growth of Young Students**

At present, health education in colleges and universities has been carried out to a certain extent, but AIDS prevention education is one of the weak links.<sup>[2]</sup>AIDS prevention and health concept education for college students not only plays an important role in the comprehensive and healthy growth of young people, but also plays a role in promoting the all-round and healthy development of young people. The special status of young students' health determines the key role of AIDS prevention education in promoting the healthy and happy growth of college students. AIDS is an incurable disease, which will affect a student and his family for life after infection. Establishing a scientific concept of AIDS prevention can not only improve the overall health concept of college students, but also help college students to meet the challenges in life with a positive attitude, shape a strong physique and healthy personality, establish harmonious interpersonal relationships, and integrate into society in a better state. To realize the all-round and healthy growth of college students, youth health education, especially AIDS prevention education, is an essential link.

### **2.2 Guide College Students to form Healthy Lifestyles**

The healthy lifestyle of college students is guided by a scientific concept of health, and the specific learning mode is based on the theory and practice of campus health education that is beneficial to physical and mental health. However, in the fast-paced era of self media and the influence of hedonism, the lifestyle of some college students has been negatively affected, leading to a sub-healthy state of mind and body. This greatly deepens the possibility of retaliatory indulgence among young students, putting them in a certain state of sexual danger. Through AIDS prevention health concept education, we can effectively prevent this risk, popularize physical health knowledge to college students, help them establish correct and advanced health concepts and lifestyles, and lead them to and maintain a positive and healthy life path. This requires the joint efforts of universities, families, society, and college students in four aspects and multiple modules. Through collaborative education, health education can help college students form unique cognition, self-protection, and prevention in terms of sexual health, gender activities, and male female life, creating a healthy and upward campus culture, family environment, and social atmosphere.

### **2.3 Supporting the Cause of Higher Education with Chinese Characteristics**

As a young generation full of vitality and passion, college students play an important role in the construction of higher education with Chinese characteristics. Their health concept, especially the concept of AIDS prevention, is directly related to the realization of personal values and social values.<sup>[3]</sup>Therefore, through AIDS prevention and

health concept education, helping them establish a scientific and correct health concept is not only conducive to their personal development, but also has a positive significance for the construction of higher education with Chinese characteristics. Therefore, it is very important to strengthen the health concept education of college students, which will help them to understand the value of AIDS prevention more clearly, and to invest in the future life and work in a healthier and fuller state.

### **3 The Internal Convergence of AIDS Prevention Health Education into Higher Education in the New Era**

#### **3.1 The Intrinsic Alignment of Educational Goals: Shaping Character and Cultivating Talents**

In the new era, strengthening AIDS prevention education not only means imparting knowledge and skills about youth health to the educated, but also cultivating their good behavior habits, self love quality and correct health values. This comprehensive and in-depth health education mode can help college students form correct health concepts, shape sound personality, and establish a scientific world outlook, outlook on life and values while increasing their knowledge of AIDS prevention and improving their self-protection skills.<sup>[4]</sup>

#### **3.2 Deep fit of Educational Content: Practicing Mainstream Values**

Youth health education for AIDS prevention should follow the growth law of students at all levels of educational practice, focusing on self prevention and protection in daily life as well as spiritual growth and spiritual enrichment of students. It guides students to establish a positive and upward concept of health, cultivate good health ethics, and continuously revise and improve their worldview, outlook on life, and values in practice. This provides important guidance for universities to carry out targeted youth health education. Specifically, youth health education in universities should focus on self-protection and self-protection, with a focus on cultivating the self-esteem, self love, and self-protection abilities of college students, enabling them to form correct health concepts and self-protection awareness, enhance their sense of social responsibility and ownership.

#### **3.3 Effective Integration of Education Implementation Approaches: Significant Practical Representation**

Higher education has the fundamental attribute of practicality, which requires that theoretical education must be closely combined with practical activities. Similarly, AIDS prevention education also has significant theoretical and practical characteristics, both of which shape and change people's thoughts and actions through practice. In the new era of youth health education, various forms of self-protection practice and publicity activities such as organizing health theory learning, participating in practical

activities, volunteer service, and individual spontaneous popularization and promotion can effectively cultivate students' self-protection awareness, health concepts, and social responsibility.

## **4 The Practical Path of Integrating AIDS Prevention Health Education into Higher Education in the New Era**

### **4.1 Play a Leading Role in the Classroom: Strengthen the Value Orientation of AIDS Prevention Education**

In the process of reforming and innovating education in universities, the important functions of classroom teaching and second classroom teaching should be fully utilized. In the relevant courses, we should focus on the legal and moral knowledge related to self-protection, self-esteem and self love, and clarify the rights and obligations of individuals in health, so as to cultivate college students' awareness and sense of responsibility for AIDS prevention. Emphasize the important value of adolescents' self-esteem, self love and healthy growth, enhance their awareness and attention to AIDS prevention, and stimulate their sense of mission to contribute to building a healthy China.

The second classroom is an important starting point for AIDS prevention education. To give full play to the educational function of the second classroom, especially to integrate the values of AIDS prevention education, can achieve the fundamental goal of all-round education in the second classroom.<sup>[5]</sup> Give full play to the influence of student groups and the breadth and depth of activity practice, carry out a series of AIDS prevention education activities in a multi-dimensional way, combine the local government's AIDS prevention, AIDS prevention propaganda and policies, grasp the time of "121" AIDS prevention activities, rely on the positioning and location advantages of colleges and universities, and use the resources of local AIDS associations to effectively carry out interesting, valuable, meaningful and effective second classroom activities.

### **4.2 Build a Practice Platform and Carry out Social Practice Activities with AIDS Prevention as the Theme**

Social practice is an important way to strengthen the education of college students and promote comprehensive development. Colleges and universities should organize a variety of "walking classes", focusing on the important and sensitive theme of AIDS prevention. By making full use of social resources, students are encouraged to go out of the classroom and participate in social health activities such as AIDS prevention publicity and voluntary services, so as to deeply understand the harm of AIDS to individuals and society and the importance of prevention. Colleges and universities should also tap the practical resources of AIDS prevention in schools, establish multi-channel practice platforms and places, such as using teaching buildings, dormito-

ries, restaurants and other spaces to carry out AIDS prevention knowledge publicity and education activities.

#### **4.3 Pay Attention to Cultural Edification and Give Play to the Recessive Educational Function of Campus Culture in AIDS Prevention Education**

Positive and healthy campus culture plays an important role in promoting AIDS prevention education and improving the effectiveness of education. In the construction of campus culture, we should integrate the content of AIDS prevention education, adhere to the combination of explicit education and implicit education, and use the subtle influence of campus culture to cultivate students' awareness of prevention and social responsibility. Invite experts and volunteers in the field of AIDS prevention to hold lectures and other activities on campus, and use their professional knowledge and touching deeds to encourage students to actively participate in AIDS prevention; The World AIDS Day and other opportunities can also be used to carry out thematic education activities to guide students to establish awareness of self health management and protection of others.<sup>[6]</sup>

#### **4.4 Strengthen the Role of Psychological Education and Give Play to the Positive Influence of Peer Assistance in AIDS Prevention Education**

Universities should adhere to the principle of balancing psychological and moral education, deepen the work of psychological education, and strive to cultivate students with a positive and healthy mentality and a comprehensive and correct sexual concept. Peer education is an effective education method, which has unique advantages in the field of AIDS prevention education. Peer education organizes students of similar age and background to carry out activities to transmit AIDS prevention knowledge and skills in an equal, dialogue and relaxed manner. This educational method can not only effectively evoke psychological resonance among students, encourage them to actively change dangerous behaviors, but also enhance their self growth ability in a joyful atmosphere.

Colleges and universities should actively play the important role of student associations in AIDS prevention education and give full play to the advantages of peer education. The establishment of new associations or groups, such as the Red Cross Society and Youth Health Companion Society, can not only promote the healthy development of associations, but also significantly enhance the appeal and effectiveness of education. These associations or groups can become a platform for students to exchange, interact and share experience, and further deepen students' awareness and understanding of AIDS prevention.

## 5 Conclusion

Youth health education in universities is an important dimension of higher education with Chinese characteristics, which aims to enhance the health awareness of college students and promote the physical and mental health development of young students. Promoting the all-round development of college students, cultivating healthy lifestyles of college students, and building higher education with Chinese characteristics are the value implications of integrating AIDS prevention health education into higher education in the new era. In terms of educational goals, it is in line with the value orientation of cultivating virtue and nurturing people, in terms of educational content, it is in line with the cultivation and practice of mainstream values, and in terms of educational implementation methods, it is in line with the significant practicality, which together constitute the internal convergence point. The practical path is to give full play to the role of the second classroom as the main channel, highlight the value orientation of youth health education, build practical platforms, carry out various forms of social practice activities, pay attention to cultural influence, exert the subtle educational function of campus culture, strengthen psychological education, and leverage peer assistance.

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