SUITE 4

TOPIC: *HOW CAN I FIND PREVENTATIVE SOLUTIONS TO HELP STOP ME AND MY MOB MAKING UNHEALTHY LIFESTYLE CHOICES?*

LESSON 1 KNOW THE RISK

Target age group:
Lower, middle and upper secondary (Year 7–10)

Lesson duration:
45 minutes

Australian curriculum: This lesson plan supports a number of capabilities in the Australian Curriculum, including Information and Communication Technology, Ethical Behaviour, Personal and Social Competence and Intercultural Understanding.

BEFORE COMMENCING LESSONS

Before running any of these lessons please do the following:

1 Pre watch all three videos referred to in this package. https://www.youtube.com/playlist?list=PLu8z-jO5SOE8oNc6VyYkjkQqI3P0qD0u3
2 Ensure you read about and set up a group agreement with your class to maintain safety of students.
3 Ensure you read about and set up the anonymous question box .
4 Ensure you have completed and are up to date with your RAN-EC child protection training (SA only).
5 Read your schools procedure for dealing with disclosures of child sexual abuse.

OTHER TRAINING AND SUPPORT

Sexual health training: SHINE SA provide support for schools and training on delivering RSE. Find out more here https://www.shinesa.org.au/support-for-schools/

A word about partnerships: While it is recognised that schools play an important role in the delivery of RSE, given the personal and cultural aspects of sexual health, consider partnering with your local Aboriginal community controlled health services (ACCHS) in the delivery of your program. Many ACCHSs have staff who are trained in sexual health and experienced in delivering community education. This partnership may be especially important if your school has limited Aboriginal staff. Alternatively, there may be local sexual health teams in your area who employ Aboriginal staff or can provide specialist sexual health support.

LESSON 1

Time required:
45 minutes

PREPARATION

- Print and cut up 1 copy of Handout 4.1 BBV risk factors cards
- Read Handout 4.2 BBV Factsheets

KNOW THE RISK

Purpose

The purpose of this lesson is to help students learn about blood borne diseases and to evaluate risk factors in disease prevention.

Learning goals

In this lesson students will:

- identify what does or does not place a person at risk of contracting a blood borne virus (BBV).

Procedure

1 Place the *Handout 4.1 BBV risk factors cards* in a box.
2 Write three headings on the board: Risk Factor; Not a Risk Factor; Unsure.
3 Remind students of how blood borne viruses are passed from one person to another (refer to *Handout 4.2 BBV Factsheets*).
4 Have one student at a time pick a card from the box and read it aloud.
5 As a class, determine which category the risk factor belongs in. Write it under the appropriate heading. (Answers given below)
6 Ask students to identify which risks in the Risk Factor category are the situations they are most likely to encounter.
7 Ask the students to list several ways they could avoid the situation or keep themselves and their friends safe in that situation.

Answers:

Risk factors for BBVs	NOT a risk factor for BBVs
• Being born to a mother who has a blood borne virus • Body piercing or tattooing with unclean equipment • Helping a bleeding person without using latex gloves • Mixing blood between people • Sexual activity • Sharing needles with another person	• Being coughed or sneezed on • Bites from a dog or cat • Bites from insects • Drinking from a water fountain • Getting a vaccination • Giving blood • Hugging or touching someone • Kissing someone • Shaking hands with someone • Sharing food, cutlery, cups or dishes • Swimming in a public pool • Using a crowded elevator/lift • Using a public toilet

TAKE HOME MESSAGE

Some behaviours and activities are riskier than others when it comes to transmission of blood borne viruses. You now know the risk factors around the blood borne viruses called hepatitis B and C and HIV. You have discussed ways you can lower the risk factors around these diseases for yourself and your friends.

HANDOUT 4.1 BBV RISK FACTORS CARDS

Being born to a mother who has a blood borne virus	Body piercing or tattooing with un-clean equipment
Helping a bleeding person without using latex gloves	Mixing blood between people
Sexual activity	Sharing needles with another person
Being coughed or sneezed on	Bites from a dog or cat
Bites from insects	Drinking from a water fountain

HANDOUT 4.1 BBV RISK FACTORS CARDS CONT.

Getting a vaccination	Giving blood
Hugging or touching someone	Kissing someone
Shaking hands with someone	Sharing food, cutlery, cups or dishes
Swimming in a public pool	Using a crowded elevator/lift
Using a public toilet	

Hepatitis B - the basics

What is hepatitis B? (hep-a-tite-is)

Hepatitis B is a blood borne virus.

It is very common in our community.

There are two types of hepatitis B:

Acute hepatitis B:

- Acute hepatitis B can last up to six months. Most adults who get hepatitis B clear the virus after this.
- People who have cleared the virus are no longer infectious – they will no longer pass hepatitis B on to other people.

Chronic hepatitis B:

- People who do not clear the hepatitis B virus have hepatitis B for life. This is called chronic hepatitis B.
- Unlike adults, babies and children who get hepatitis B generally cannot clear the virus. They are likely to develop chronic hepatitis B.
- Most adults who have chronic hepatitis B got it at birth or in childhood.
- Chronic hepatitis B slowly damages the liver, and can cause liver failure or cancer.

The hepatitis B vaccine

There is a vaccine (medicine injection) that protects babies, children and adults from getting hepatitis B.

The vaccine has been given to babies since 1988.

Adults who missed out getting vaccinated as a baby can get vaccinated. Ask at the clinic.

The information in this factsheet is not a substitute for professional medical advice. To get a diagnosis and advice about treatment, contact your local Aboriginal health service or clinic nurse.

How do you get hepatitis B?

Mother-to-baby:

- If a pregnant woman has hepatitis B it is very likely that she will pass on hepatitis B to her baby unless the baby is given hepatitis B treatment and vaccination soon after birth.
- It is very important for pregnant women to get tested for hepatitis B so that the hospital knows the new-born baby should get treated for hepatitis B.

Sex:

- You can get hepatitis B from having sex with someone who has it and you have not been vaccinated.
- Condoms protect against getting hepatitis B from sex.

Sharing drug injecting or tattoo equipment

- You can get hepatitis B from sharing drug injecting equipment or tattoo equipment with someone who has hepatitis B and you have not been vaccinated.
- Do not share injecting or tattooing equipment.

Other ways you can get hepatitis B

- Babies, children and adults can get hepatitis B if blood from a person who has hepatitis B gets directly into an open cut or sore. Cover cuts and sores with band-aids. Clean up blood spills.
- You can get hepatitis B from sharing things like toothbrushes, razors, or sex toys with someone who has hepatitis B. Don't share these things.

Can you get hepatitis B from food, water, mosquitoes, toilet seats? Or by kissing and hugging?

No.

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Symptoms – how would I know if I got hepatitis B?

You might get pain in the tummy and joints, feel tired and sick, vomit, and lose your appetite.

Your skin and eyes might go yellow, your pee may go dark and your poo might be light in colour.

Many people don't notice any symptoms or signs.

The only way to know whether you have hepatitis B is to get tested.

Testing for hepatitis B

Testing for hepatitis B can be done at the clinic by taking a blood sample. You can get tested for hepatitis B as part of your men's or women's health check – just ask.

If you don't have hepatitis B the test will show whether you've been vaccinated.

If you're pregnant, it's very important that you get tested for hepatitis B. Your partner and family should get tested too.

Treatment for hepatitis B

There is no cure for hepatitis B. People who have it need to stay healthy and have regular medical checks. There is medicine that can slow down the virus in some people.

Let's look after our health and get tested for hepatitis B. Together we can stop the spread of hepatitis B in our community.

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Hepatitis C - the basics

What is hepatitis C?

- Hepatitis C is a blood-borne virus. It is often called hep C.
- Hepatitis C can damage the liver. It can cause liver cancer.

How do you get hepatitis C?

You can get hepatitis C from someone who has it if a small amount of their blood gets into your blood stream. This can happen if you:

- share drug injecting equipment
- share tattoo or body piercing equipment.

You can also get hepatitis C if you

- have sex without a condom with someone who has hepatitis C. This is because sometimes people get tears in their skin during sex and bleed, especially if they also have an STI
- share toothbrushes, razors or sex toys.

Can you get hepatitis C from food or water, kissing or hugging, or from mosquitoes, or toilet seats?

- No.

How would I know if I got hepatitis C?

- There are usually no symptoms or signs straight away.
- People who have hepatitis C can get very tired and sick, with loss of appetite, dark pee, and yellow skin and eyes.
- These symptoms may go away but the hepatitis C can keep damaging the liver.

Get tested

- The only way of knowing whether you have hepatitis C is to get tested.
- You can get tested as part of your health check – just ask.
- The clinic will take a blood sample for testing.

What's the treatment for hepatitis C? Is there a cure?

Yes! There is good medicine to cure hepatitis C. Just ask at the clinic.

Let's look after our health and get tested for hepatitis C and STIs. If we all test and get treated, we can stop the spread of hepatitis C and STIs in our community.

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HIV - the basics

What is HIV?

- The letters "HIV" stand for "human immunodeficiency virus".
- HIV is a blood borne virus.
- HIV attacks your immune system. Your immune system helps stop you getting sick.

How do you get HIV?

- You can get HIV from having sex with someone who has it.
- You can get HIV from sharing injecting drug equipment or tattooing equipment with someone who has it.
- Babies can get HIV from their mother during pregnancy or while breastfeeding.

What is AIDS?

- AIDS stands for "Acquired Immunodeficiency Syndrome".
- AIDS is different to HIV.
- People who don't get treated for HIV can go on to get AIDS.
- People in Australia don't usually get AIDS anymore because treatment is available.

Can you get HIV from food or water, kissing or hugging, or from mosquitoes, or toilet seats? Or if someone coughs or sneezes on you?

- No.

Safe injecting

- HIV can be passed on in small amounts of infected blood. Do not share injecting equipment with other people.
- You can get clean syringes in chemists, health clinics, and community centres.

Safe tattooing

- HIV can be passed on in small amounts of infected blood. Do not share tattooing or piercing equipment with other people.
- Get tattoos in a tattoo shop where you can check they use clean equipment.

Symptoms – how would I know if I got HIV?

- People who get HIV don't have any symptoms or signs for a few weeks, and then it can feel like the flu.

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- After that people can feel well for years before getting very sick.
- The only way of knowing whether you have HIV is to get tested.

Can HIV be passed on if there are no symptoms?

- Yes.

Get tested

- Testing for HIV can be done at the clinic, by taking a blood sample.
- You can get tested as part of your men's or women's health check.

Get treated

- There is no cure for HIV. People with HIV need to take tablets called antiretrovirals every day for the rest of their life.
- If you take HIV treatment tablets you can live a healthy life.
- If you stay on treatment you are less likely to pass HIV on to your sexual partners.
- If you don't get treated you may develop AIDS and or other sickness.

Let's look after our health and get tested for HIV and STIs. If we all test and get treated, we can stop the spread of HIV and STIs in our community.

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