Living Well with Hepatitis B

SCENARIOS ACTIVITY

HEPATITIS QUEENSLAND

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Notes for teachers/educators

**This activity encourages participants to apply what they have learnt about hepatitis B
to learn and talk about stigma and discrimination, confidentiality and disclosure.**

Instructions for the activity:

→ Allow participants to form small groups.

→ Hand out the Scenario cards to each group.

→ Encourage groups to describe the picture and to use the prompt questions for further discussion.

→ Rotate the cards so that each group has the opportunity to discuss about each Scenario card.

Tips for participants:

→ Encourage participants to talk about:

- What is in the picture?
- Who is in the picture?
- What are they doing?

This activity is better suited for participants with an intermediate and advanced level of English.

- What is privacy and confidentiality?
- Can doctors, nurses, teachers share your information?
- Is it illegal to share your medical information without your permission/ consent?

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ANSWER

Confidentiality and privacy

It is illegal for anyone to share your medical information without your permissions; such as your partner, family, friends, employers or other health professionals.

Doctors, nurses, schools, teachers must keep information confidential – this means that they must not share information about other people (such as hepatitis B) to other people.

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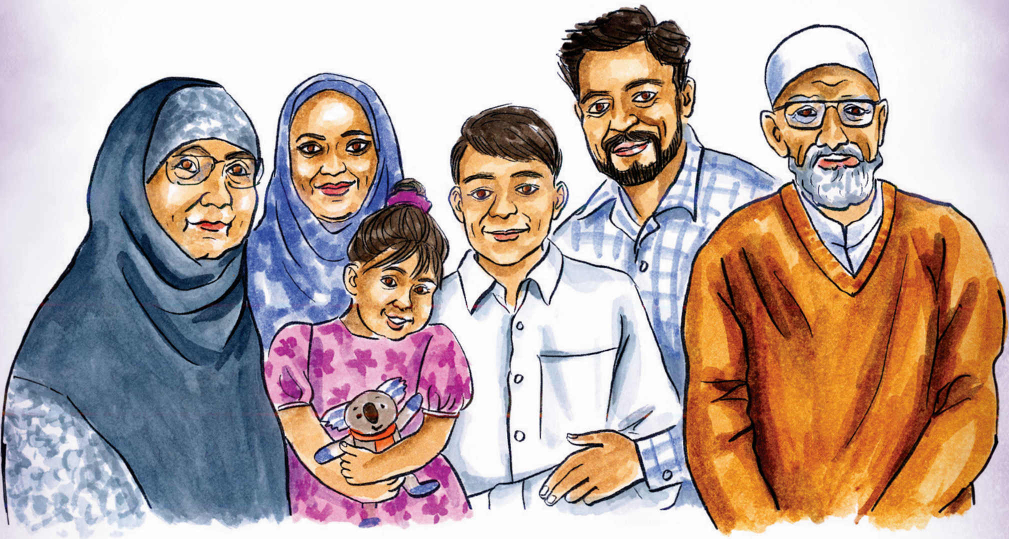

- What is stigma?
- Why is there stigma about people living with hepatitis B?
- Why should we stop stigma?
- How do we stop stigma?

ANSWER

Stigma

Stigma means having negative attitudes/thoughts/feelings about how someone acts or looks. Stigma can make someone who has hepatitis B feel ashamed and bad about themselves.

People living with hepatitis B can be stigmatised because other people may not know about or have a fear of hepatitis B. Anyone can get hepatitis B.

We can stop stigma by:

- → Calling out stigma if you see it
- → Helping others learn about hepatitis B.
- → Changing our language, behaviour and actions so they are positive and respectful.

- Why do people choose not to tell others they have hepatitis B?
- How do we stop people living with hepatitis B being treated differently and unfairly?
- What help is there for people living with hepatitis B?

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ANSWER

Discrimination

Discrimination means being treated differently. Stigma and discrimination stop people from getting help. People don't always have to tell others they have hepatitis B.

Who can help?

Organisations like LiverWELL can help people living with hepatitis B find support and care. There are also doctors, clinics and community and multicultural organisations that can help.

How can we help someone who has hepatitis B?

- → We can learn about hepatitis B, so we have the right information.
- → Being respectful and empathetic.
- → Help someone who has hepatitis B feel safe and accepted.

- What is discrimination?
- How are people living with hepatitis B being treated differently? Why?
- Where/what places do you think people living with hepatitis B are being treated differently?

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ANSWER

Discrimination

Discrimination means being treated differently or unfairly (because of your gender, religion, culture and health).

People can get bullied, treated unfairly and differently because they have hepatitis B.

People living with hepatitis B have been treated differently in hospitals by health workers, in school by teachers, and work by other workers. People living with hepatitis B have also been treated differently by their family and friends.

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- Do you have to tell your doctor you have hepatitis B?
- Why would someone tell their doctor they have hepatitis B?
- Why would someone tell others they have hepatitis B?
- Who do you have to tell if you have hepatitis B?

ANSWER

Discrimination

Even when asked, you do not have to tell your doctor, dentist, the government or centrelink, your work, your school/university that you have hepatitis B.

However, you must disclose if you are joining the army, doing fighting sports, or donating blood.

Why would someone let others know they have hepatitis B?

- → Worry or concern for others.
- → To get help from family, friends, and doctors.
- → To get treated.
- → To start a relationship/family/getting married.

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- If you have hepatitis B, should you tell your family and friends?
- If you have hepatitis B, should you tell your partner?
- Can you still be in a relationship if you or your partner has hepatitis B?
- What are some ways you can protect someone from hepatitis B?

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ANSWER

Disclosure

Telling someone you have hepatitis B is not always easy. There is no right or wrong way to do it. Remember, it is up to you who you tell and how you tell someone you have hepatitis B.

If someone tells you they have hepatitis B, you must keep this information confidential – you must not share it.

You can still be in a relationship even if a person has hepatitis B.

Remember:

- → You can get tested and vaccinated for hepatitis B.
- → Using a condom can stop someone from getting hepatitis B.
- → If you are vaccinated, you are protected.

There is treatment for people living with hepatitis B. This will help keep their liver healthy. A person living with hepatitis B should also see their doctor every 6 months. The doctor checks if their liver is healthy.

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