

Living Well with Hepatitis B

CONVERSATION PROMPTS



HEPATITIS
QUEENSLAND

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Notes for teachers/educators

This activity encourages and assists participants with learning how to ask and respond to questions relating to health and hepatitis B.

Instructions:

1. Organise participants into pairs or groups. Hand out either the green or purple prompt cards to groups depending on their English level.
2. One participant will read a question from the prompt cards.
3. One (or more) person(s) will read the answer from the reverse side of the prompt card.
4. Provide opportunities for participants to read other prompt cards.

Cards are colour coded according to difficulty

-  Green → Beginner to low intermediate English level.
-  Purple → High intermediate to advance English level.

Tips:

- Encourage participants to practice saying their questions or answers slowly.
- Help participants formulate their own questions and answers.
- Encourage participants to answer questions without looking at the answer.

Vaccination

- 1. What does a vaccination do?**
- 2. Have you been vaccinated before?**
- 3. What was it for?**
- 4. Are you scared of needles?**

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ANSWER

Vaccination

1. A vaccination keeps you healthy and safe from viruses and sicknesses/illnesses.
2. Yes, I have been vaccinated before /
No, I haven't been vaccinated before.
3. I have been vaccinated for ...
4. Yes / No ...

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Vaccination

- 1. What is a hepatitis B vaccination?**
- 2. Why should you get vaccinated?**
- 3. Where can you get vaccinated?**
- 4. At what age can you get vaccinated?**

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ANSWER

Vaccination

1. A hepatitis B vaccination protects you from getting hepatitis B.
2. You should get vaccinated to protect your friends and family.
3. You can get vaccinated by your doctor at the clinic.
4. Babies and children need 4 hepatitis B vaccinations.
Adults need 3 hepatitis B vaccinations. You can only get vaccinated for hepatitis B if you do not have hepatitis B.

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QUESTION

Vaccination

- 1. Who gives the vaccination?**
- 2. How many hepatitis B vaccinations do I need?**

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ANSWER

Vaccination

1. A doctor can give the vaccination.
2. Adults need 3 vaccinations.

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QUESTION

Testing

1. What is a hepatitis B blood test?
2. Who does the hepatitis B blood test?

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ANSWER

Testing

1. A hepatitis B blood test sees if you have hepatitis B or not. It can also let you know if you need to be vaccinated.
2. A doctor will do the hepatitis B blood test.

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QUESTION

Testing

1. Where can you get tested for hepatitis B?
2. Why should you get tested for hepatitis B?
3. Should your family get tested?

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ANSWER

Testing

1. You can get tested for hepatitis B by the doctor at the clinic.
2. You should get tested to know if you have hepatitis B or not, and if you need to be vaccinated or if you need treatment.
3. Yes, your family should get tested.

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QUESTION

Treatment

- 1. What does the hepatitis B treatment do?**
- 2. What does the hepatitis B treatment look like?**

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ANSWER

Treatment

1. The hepatitis B treatment helps people living with hepatitis B live a healthy life and lowers the risk of liver cancer.
2. The hepatitis B treatment is a pill or tablet that you take daily.

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QUESTION

Treatment

1. Where can you get the treatment?
2. Does everyone need to go on treatment if they have hepatitis B?
3. If you live with hepatitis B, when should I get a checkup?

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ANSWER

Treatment

1. You can only get treatment from your doctor.
Your doctor will prescribe your hepatitis B medication.
2. Not everyone needs to go on treatment. Your doctor will decide when you need to go on treatment.
3. If you live with hepatitis B, you need to get a checkup every 6 months.

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Transmission

1. What are some ways you can get hepatitis B?
2. What are some ways you cannot get hepatitis B?

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ANSWER

Transmission

1. You can get hepatitis B through blood-to-blood contact, from your mother at birth if your mother has hepatitis B, and through unprotected sex when you are not vaccinated.
2. You cannot get hepatitis B through sharing food and drink, touching or hugging, coughing or sneezing, or through kissing. You cannot get hepatitis B through breastmilk, mosquitoes and holding hands.

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QUESTION

Transmission

- 1. Why do people believe in myths about how people get hepatitis B?**

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ANSWER

Transmission

1. There are people who do not know what hepatitis B is, or they do not know much about hepatitis B.

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QUESTION

Talking to friends and family

- 1. Does your family know about hepatitis B?**
- 2. Do your friends know about hepatitis B?**

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ANSWER

Talking to friends and family

1. Yes, my family knows about hepatitis B /
No, my family does not know about hepatitis B.
2. Yes, my friends know about hepatitis B /
No, my friends do not know about hepatitis B.

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QUESTION

Talking to friends and family

- 1. Will you talk to your family about hepatitis B?**
- 2. Will you talk to your friends about hepatitis B?**

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ANSWER

Talking to friends and family

1. Yes, I will talk to my family about hepatitis B /
No, I will not talk to family about hepatitis B.
2. Yes, I will talk to my friends about hepatitis B /
No, I will not talk to my friends about hepatitis B.

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QUESTION

Talking to the doctor

1. Have you been to the doctor before?
2. When did you go to the doctor?
3. Where do you go to see your doctor?
Where is your doctor?
4. Is your doctor friendly and nice?

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ANSWER

Talking to the doctor

1. Yes / No.
2. I went to the doctor ...
(last year, last month).
3. I see my doctor in ... (place).
4. Yes / No.

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QUESTION

Talking to the doctor

- 1. What language do you speak with your doctor?**
- 2. Have you spoken to your doctor about hepatitis B?**
- 3. Will you speak to your doctor about hepatitis B?**

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ANSWER

Talking to the doctor

1. I speak ... (language) with my doctor.
2. Yes / No.
3. Yes / No.

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Stigma and discrimination

- 1. Why do some people feel ashamed living with hepatitis B?**
- 2. What are some ways people get treated unfairly for living with hepatitis B?**
- 3. What can you do to stop people living with hepatitis B from being treated unfairly?**

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ANSWER

Stigma and discrimination

1. Some people believe that people live with hepatitis B because of their lifestyle and choices.
2. People who live with hepatitis B may not get jobs or go to school, or get treated differently by family and friends. They can also get treated differently by doctors and nurses.
3. Education, and letting people know about hepatitis B. Tell people there is a vaccination and treatment to help people stay healthy.

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QUESTION

Liver

- 1. How does the liver keep you healthy?**
- 2. Have you talked about your liver health with your doctor?**
- 3. What can hepatitis B do to the liver?**

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ANSWER

Liver

1. A healthy liver cleans your blood, makes and stores vitamins, and helps give you energy and balances your hormones.
2. Yes / No.
3. Hepatitis B can damage the liver and cause liver cancer.

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Cooking at the school

1. Why was Chen sad?
2. How does Ling know about hepatitis B?
3. Why does Ling say not to “be ashamed”?
4. How does Ling keep her liver healthy?

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ANSWER

Cooking at the school

1. Chen thought she can't help with the cooking.
2. Ling has hepatitis B and visits her doctor.
3. Ling says many people from their country have hepatitis B and can keep their liver healthy.
4. Ling keeps her liver healthy by going to the doctor every six months, eating healthy food and getting regular exercise.

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Cooking at the school

1. What do you think Ling was cooking?
2. What do you like to cook?
3. Why did Chen think she cannot help with the cooking?
4. Why can Chen help with the cooking?

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ANSWER

Cooking at the school

1. I think Ling was cooking ...
2. I like to cook ...
3. Chen has hepatitis B, and she thought she will 'give' it to others.
4. You can't get hepatitis B from sharing food and drink.

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Ayanda is pregnant

- 1. How do you stop a baby from getting hepatitis B?**
- 2. Why did Ayanda go to an antenatal class?**
- 3. What did the nurse talk about with Ayanda?**
- 4. If you have hepatitis B, why do you need to see the doctor even if you don't feel sick?**

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ANSWER

Ayanda is pregnant

1. A baby needs two vaccinations at birth if the mother has hepatitis B. The baby will need to get three more hepatitis B vaccinations.
2. Ayanda is learning about hepatitis B and how to take care of the baby.
3. The nurse talked about testing, vaccination and treatment for hepatitis B.
4. Most people don't show symptoms for hepatitis B.

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An and Linh want to get married

- 1. Are An and Linh married?**
- 2. Are you married?**
- 3. What does shocked mean?**
Why is Linh shocked?

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ANSWER

An and Linh want to get married

- 1. No, they are not married yet. They are going to get married.**
- 2. Yes, I am married / No, I am not married.**
- 3. Shocked means surprised. Linh is shocked because she didn't know An has hepatitis B.**

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QUESTION

An and Linh want to get married

- 1. What kind of appointment did Linh make with her doctor?**
- 2. Is it hard for you to book or make an appointment with a doctor? Why?**

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ANSWER

An and Linh want to get married

- 1. Linh is making an appointment to get her hepatitis B vaccination.**
- 2. Yes, it is hard for me / No, it isn't hard for me.**

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QUESTION

Karim and his team

- 1. What sport does Karim play?**
- 2. Do you play sport? What sports do you like?**
What was the 'bad news' that Coach Joe has?

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ANSWER

Karim and his team

1. Karim plays soccer.
2. Yes, I like to play sports / No, I don't like to play sports. I like to play ...
3. Abraham is very sick in hospital and is dying.

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QUESTION

Karim and his team

- 1. Why is Abraham in the hospital?**
- 2. Have you been to the hospital? Why?**
- 3. Why is Karim and his team visiting Abraham?**
- 4. How would you feel if your family is in hospital?**

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ANSWER

Karim and his team

- 1. Abraham is in hospital because he has liver cancer and is dying. Hepatitis B can cause liver cancer.**
- 2. Yes, I have been to the hospital / No, I haven't been to the hospital.**
- 3. Karim and his team worry and care about Abraham.
I would feel ...**

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QUESTION

Living well with hepatitis B

- 1. How do you stay healthy?**
- 2. How do you exercise?**
- 3. What is your favourite healthy food?**

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ANSWER

Living well with hepatitis B

1. I stay healthy by ...
2. For exercise, I ...
3. My favourite healthy food is ...

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