

The background of the entire page is a solid purple color. It is decorated with abstract, hand-drawn style line art in a lighter shade of purple. These lines form various shapes, including loops, swirls, and elongated forms, some of which resemble stylized human figures or organic shapes. The lines are of varying thickness and are scattered across the page, with a higher concentration in the upper left and lower right areas.

StreetShot

StreetShot Program

INSTRUCTIONS MANUAL

LiverWELL
(incorporating Hepatitis Victoria)

LiverWELL
Incorporating HEPATITIS VICTORIA

Acknowledgement

LiverWELL acknowledges the support of Brimbank Youth Services and GOTAFE Wangaratta in the development of the StreetShot activity pack.

We acknowledge the traditional owners of the lands where we work - the lands of the Woi-Wurrung Wurundjeri people of the Kulin Nations. We express our gratitude to them for their continued care and curation of these lands and waters. We pay our respects to Elders past and present.

Developed by LiverWELL 2024

Last reviewed: 2024

This resource has been funded by the Department of Health.

Activity pack orders and enquiries should be directed to LiverWELL
admin@liverwell.org.au.

Source data:

LiverWELL (2024), 'Hepatitis B', retrieved from
<https://liverwell.org.au/liver-conditions/hepatitis-b/>

LiverWELL (2024), 'Hepatitis C', retrieved from
<https://liverwell.org.au/liver-conditions/hepatitis-c/>

Contents

Acknowledgement	<i>i</i>
Introduction	2
StreetShot Workshop	3
StreetShot Workshop Learning Objectives	4
StreetShot workshop set-up	4
Activities and schedule	5
What's in the StreetShot Activity Pack?	7
Health liver	8
Activity	9
Transmission and Prevention	10
Activity	11
Finding support	12
Activity	13
Stigma and discrimination	14
Activity	15
Hepatitis Bingo	16
Hepatitis Pictionary	17

Introduction

Viral hepatitis can be transmitted through risk-taking activities, and it is important for young people to know what the risk factors are and how they can keep themselves safe. More than 1 in 5 new cases of hepatitis C are people aged 15 - 29 years of age.¹ The rates of hepatitis C diagnoses among young people in Australia have been steadily declining since 2013. Young people should be supported in making healthy and informed choices for their liver and general wellbeing through learning risk-taking activities and staying safe and preventing the transmission of viral hepatitis. Over 350,000 Australians are living with either chronic hepatitis B or chronic hepatitis C, however, many do not know they have it. Viral hepatitis can lead to liver cancer if left untreated, and in Australia, liver cancer is the fastest growing cancer-related death.

What is the StreetShot Activity Pack?

The StreetShot Activity Pack provides additional tools and materials to support youth organisations and schools to educate and empower young people about viral hepatitis. Within the activity pack are instructions and tips to help facilitate an educational workshop within a classroom or group meeting environment, with options for young people to do self-directed and/or peer-to-peer learning. The objective of the StreetShot Activity Pack is to educate young people in four key areas:

- Positive liver health
- Reducing and preventing transmission risks
- Finding help and support
- Addressing stigma and discrimination.

Who is LiverWELL?

LiverWELL champions the interests of people affected by or at risk of viral hepatitis and liver disease.

We work to:

- Raise awareness of liver disease and prevent the transmission and impact of viral hepatitis
- Increase access and referral to quality information, care, treatment and support
- Provide leadership and coordination for the community response to viral hepatitis and liver disease
- Offer a number of programs for individuals and organisations that promote well-being, educate and increase the capacity of others to respond
- Influence the government, media and other agencies in relation to a stronger response to the challenges of viral hepatitis and liver disease in our community.

¹ King, J., McManus, H., Kwon, J., Gray, R., & McGregor, S. (2023). HIV, viral hepatitis and sexually transmissible infections in Australia: Annual surveillance report 2023. Kirby Institute, UNSW Sydney. <https://doi.org/10.26190/f5ph-f972>

StreetShot Workshop

StreetShot is an interactive program open to independent young people and students of education institutions to learn about risk factors for viral hepatitis and how they can keep themselves safe.

Book a StreetShot workshop delivered by a LiverWELL health promotion officer by visiting our website [StreetShot Program and Arts Competition – LiverWELL](#) under 'Services, StreetShot', or by scanning the QR code here:



Once you have registered for a StreetShot Workshop, a health promotion officer will be in contact with you.

A LiverWELL staff member will be available on call on the LiverLine (1800 703 003) from Monday-Friday, 9am-5pm.

StreetShot workshop Learning Objectives

Upon completion of the StreetShot program, it is expected that participants will gain knowledge and awareness of:

- Hepatitis B and hepatitis C
 - » information on testing, vaccination, treatment
- Healthy living behaviours and positive liver health
 - » Living well domains: eating well, drink aware, feeling well, getting active
- Hepatitis B and hepatitis C transmission (risk taking activities) and prevention
- Support services and seeking additional help
- Stigma and discrimination, privacy and disclosure

If you have any questions about the learning objectives and would like additional information, please contact admin@liverwell.org.au

StreetShot workshop set-up

Please ensure there is enough space in the room that could accommodate all participants.

Ideally, the room set-up should allow for participants to form small and/or large groups to enable discussions.

The StreetShot workshop provides the opportunity for participants to be creative and be artistic with their ideas.

Please allow the following materials to be made available during the workshop:

- Paper (poster paper or butchers paper)
- Permanent markers, coloured pencils, crayons.

Activities and schedule

Below is a suggested outline in running a StreetShot workshop.

Total time needed 1h – 1h30m

Duration	Activity	Notes
5 minutes	Acknowledgement of Country Introduction	Group Rules and Confidentiality Make it clear that people are not required to disclose if they have hepatitis B or hepatitis C or know someone who has. People have the right to privacy and a safe environment to learn about hepatitis B and hepatitis C.
40-50 minutes (total)	Workshop areas	
10-12 minutes per workshop area	1. Healthy Livers Posters Participants are to make a Healthy Living	Encourage the participants to think outside the box for ideas and tips!
	2. Transmission and Prevention Flash cards Participants are to categorise the picture cards based on their transmission route	Remind participants that: <ul style="list-style-type: none"> • hepatitis C is transmitted from blood to blood, • hepatitis B is transmitted from blood to blood, sexual fluids (sperm and vaginal fluids), and mother-to-baby at birth. Some cards encourage participants to think critically
	3. Finding Support Scenarios Participants are to brainstorm ideas about finding support services	Encourage participants with the following prompts: <ul style="list-style-type: none"> • Who would be the best person/people to reach out to? • What are some of the challenges or difficulties you would have in finding support for viral hepatitis? (Or any other health-related situations).
	4. Stigma and Discrimination Picture Cards Participants are to look at one or more of the picture cards and put their thoughts into a mind map	Ask participants: <ul style="list-style-type: none"> • What are some ways we can address and challenge stigma and discrimination? • When do we need to disclose?





Duration	Activity	Notes
10 minutes	Summary StreetShot Arts Exhibition Closing and Evaluation sheet	<p>Show artwork previously submitted by young people.</p> <p>Encourage interest and support young people who would like to be involved in the StreetShot Arts Exhibition.</p>
10-25 minutes	GAME End the StreetShot workshop with a game to help participants consolidate what they have learnt about viral hepatitis. All these items are included in the StreetShot Activity Pack.	<p>Hepatitis Bingo A fun way to summarise concepts about viral hepatitis</p> <p>Who Wants to Be a Millionaire A fun way to test the participants' knowledge about viral hepatitis</p> <p>Hepatitis Pictionary A fun way for participants to reflect on concepts about viral hepatitis</p> <p>Viral Hepatitis True or False flash cards Challenge participants knowledge about viral hepatitis</p>



What's in the StreetShot Activity Pack?

In this StreetShot Activity Pack, you will find:

- **StreetShot Instructions Manual**
- **Hepatitis Bingo**
 - » Instructions sheet
 - » 25 Bingo sheets
 - » Cue card sheets
- **Hepatitis Pictionary**
 - » Instructions card
 - » Hepatitis Pictionary prompt cards
- **Viral Hepatitis True or False Flash Cards**
 - » Instructions card
 - » 'Truth and Myths' prompt cards
- **Transmission and Prevention Flash Cards**
 - » Instructions card
 - » Transmission and Prevention Picture cards
- **Finding Support Scenario Cards**
 - » Instructions card
 - » Support cards
- **Stigma and Discrimination Picture Cards**
 - » Instructions cards
 - » Picture cards
- **Extra supportive materials**

Health livers

The liver has over 500 different jobs that keep your body working at its best.

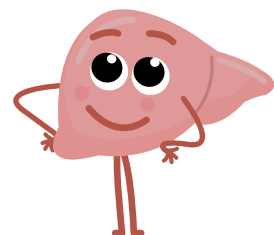
What important things does the liver do?

- Filters the good stuff that your body can use, and gets rid of the things that are no use or are harmful (such as alcohol and toxins)
- Makes and stores vitamins and minerals
- Assists in making hormones which helps to regulate our mental health
- Regulates your energy levels by storing and releasing sugars
- Makes the building blocks your body needs to make cells
- Helps with blood-clotting
- Makes bile, which carries waste away and breaks down fats in the small intestine during digestion.

There are many things that can scar the liver and make your liver sick;

- eating and drinking unhealthy food and drinks
- alcohol and certain drugs
- having an autoimmune condition
- having a viral infection (viral hepatitis)
- Liver cancer

If you have a liver condition, it is important to visit your doctor regularly. However, positive healthy living behaviours help to slow down the progression of liver disease



Activity

1. On a large piece of paper – write your name(s) in the middle and divide into four living well sections.
» Copy the poster below



Be creative!

Draw pictures, write words or phrases!

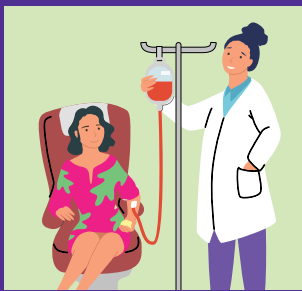
Make it colourful!

2. Work individual or as a group and come up with ideas on how you keep your liver healthy for all the living well areas.
3. Discuss in groups and compare what you have on your poster.
 - a. What healthy behaviour do you have in common?
 - b. What is unique to you?
 - c. What healthy behaviours do you find easy to do? What tips can you share?
 - d. What healthy behaviours would you like to do, but you find challenging or difficult. Why?

Transmission and Prevention

Hepatitis B and hepatitis C are viruses that damages your liver. Liver inflammation (or swelling) happens when your immune system is trying to fight off the virus in your liver. Too much inflammation can cause scarring of the liver (fibrosis) and heavy/severe scarring (cirrhosis, pronounced “suh-row-sis”). Having cirrhosis puts you at greater risk of getting liver cancer.

There are many ways you can get viral hepatitis. Some risk-taking activities have a higher chance than others.



Blood Products



Mother to baby



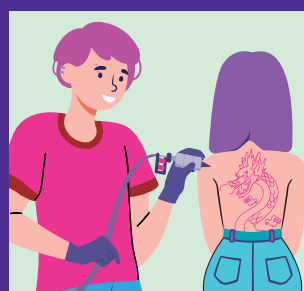
Grooming items



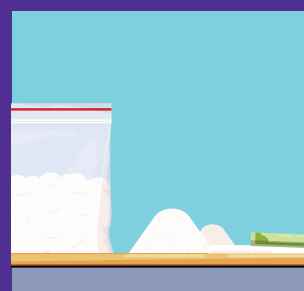
Workplace exposure



Sharing injecting equipment



Unsterile tattooing and piercing



Sharing snorting equipment

Hepatitis B is transmitted through:

- Mother to baby
- Sexual fluids (sperm and vaginal fluids)
- Blood to blood

Hepatitis C is transmitted through:

- Blood to blood

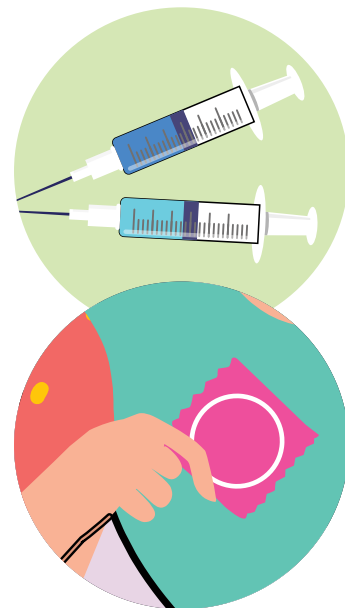
Fact vs fiction

There are a lot of myths, misconceptions and confusion about how one person gets viral hepatitis. You cannot get hepatitis B or hepatitis C from casually sharing food and drinks, sharing plates or cutlery, touching and kissing, sneezing or coughing, mosquitoes, and breastmilk.

Prevention

Avoiding risk-taking activities is the best way to avoid transmission of hepatitis B and hepatitis C. However, if you find yourself in a situation where there is the likelihood of hepatitis B and hepatitis C transmission, it is important to keep yourself safe, as well as those around you.

Prevention includes safe sex (using condoms), safe tattooing and piercings (by going to a professional that sterilises their equipment), and safe injecting (not reusing or sharing injecting equipment).



Activity

Be aware of risk-taking behaviours and activities and know how to stay safe and prevent transmission.

There are many ways you can get viral hepatitis. Some risk-taking activities have a higher chance than others.

TRANSMISSION AND PREVENTION FLASH CARDS

Instructions:

- **Set up:**
 1. Place the 'True' or 'False' category cards in the middle.
 2. Place the transmission cards next to the True and False category cards.
- **Activity**
 1. Taking turns, one person will draw a card.
 2. Place the card on either the 'True' or 'False' category cards.
 3. Once all cards have been placed on the category cards, flip the cards to reveal the answers.
 4. Read the answers and discuss whether the cards were in the correct category.

You can also choose to see who can get the most correct answers as a team or individual.

Finding support

If you are concerned about a recent activity that involves hepatitis B or hepatitis C transmission, you can always get tested.

You can know your hepatitis B and hepatitis C status by going to your doctor/GP or a nurse and asking for a 'hepatitis B blood test' or a 'hepatitis C blood test'.

There is a vaccination for Hepatitis B to prevent it.

If you have hepatitis B, there is treatment to keep your liver healthy!

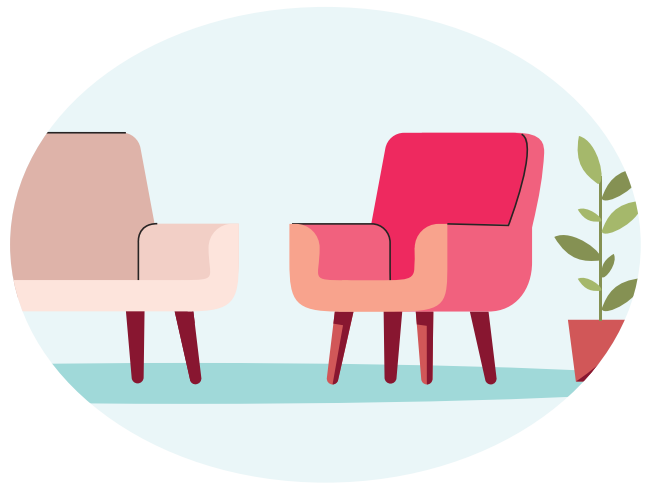
There is a cure for hepatitis C!

There are many places to get help.

Who can help?

Finding support doesn't only mean going to the doctor. You can talk to:

- The school nurse
- Your teacher/wellbeing team
- Family and or friends
- Psychologist
- Translator/interpreter
- Social worker
- Youth worker
- Someone you can trust



Where can you get help?

For a private discussion, you can visit:

- Local community and health services
- Sexual health clinics
- Alcohol and other drug services
- Youth services
- Mental health and wellbeing services
- Your school
- LiverWELL
- LGBTIQ services
- Aboriginal organisations
- Multicultural organisations



Activity

Always ask for help. There is always someone who can help you.

FINDING SUPPORT SERVICES SCENARIOS

Instructions:

- **Set up**
 1. Form small groups (up to 10)
 2. Hand out the 'support cards' to each group

- **Activity**

- » As a group, discuss:

What kind of services and information would this type of service have?

Reflection

Think about where you would go or what would you do.....:

- If you wanted to find out more information about viral hepatitis.
- If you wanted to get tested, treated or vaccinated.
- If you are concerned about a transmission risk of viral hepatitis.
- If you wanted to find a service that you identify with that could support your needs.
- What are some of the challenges or difficulties you would have in finding support for viral hepatitis? (Or any other health-related situations).
- Any other services, places or people that could help?

Stigma and discrimination

People who live with chronic hepatitis B or hepatitis C have been reported being stigmatised and discriminated against. This may happen when people living with hepatitis B or hepatitis C are seeing a health professional, getting a job or going to school, migrating to another country or in contact with friends and loved ones. This is often because of misunderstandings and lack of awareness and education that people have about viral hepatitis. Myths and misconceptions are also made up to make people have fear towards people living with viral hepatitis.

What is stigma?

Stigma is the negative attitudes/thoughts/feelings about how someone acts or looks. Living with hepatitis B or hepatitis C does not mean you belong to a “group” of people..

What is discrimination?

While stigma is the attitude or belief, discrimination is the behaviour.

Discrimination is to treat people differently or unfairly due to their gender, race, beliefs, and health.

Discrimination can happen anywhere at home, with friends or family, at work, with your co-workers and managers, at school, and even at hospitals and clinics with doctors and clinic staff.

Privacy, confidentiality and disclosure

It is up to you to disclose your hepatitis B or C status. You do not need to disclose your status to your Doctor, Dentist, the government or centrelink, your work, your school/ university .

Doctors, teachers, and managers must keep this information confidential!

However, you must disclose if you are joining the Army, Fighting sports, donating blood, and to your sexual partners

We can stop stigma and discrimination by:

- calling it out when we see it.
- learning about viral hepatitis and educating those around us.
- changing our language and being open and empathetic to everyone including people living with hepatitis B or hepatitis C.

Activity

It is important to know how to have open and respectful conversations about hepatitis B and hepatitis C. Stigma and discrimination are issues faced by people living with hepatitis B and can impact on their ability to feel safe and speak to their family, friends and their doctor about their condition. Stigma and discrimination can be found in the manner in which we speak about and how we act towards people living hepatitis B and hepatitis C.

Anyone can be at risk of hepatitis B and hepatitis C. Help raise awareness and challenge stigma and discrimination when you see it.

Instructions:

- Talk about what is happening in the pictures and what it means to you.
- Use the prompt questions to help think about the picture and how it relates to hepatitis B and hepatitis C.



Hepatitis Bingo

Explore liver health through creativity. Practice your knowledge about viral hepatitis.



Instructions:

- **How to win:**
 - » Play ends when someone scores 'BINGO' when 5 words are crossed out in a row or diagonally.
- **Set up:**
 1. Have a whiteboard marker (or an erasable marker) ready. Alternatively, you can use 'Bingo chips' to mark words.
 2. Each person (or team) is given a Hepatitis Bingo sheets. There are 25 Hepatitis Bingo sheets.
- **How to play:**
 1. One person will be the 'Caller'. In Bingo, the caller is the person that reads out the words that determine which squares get covered on everyone's Hepatitis Bingo sheets.
 2. Listen carefully to the viral hepatitis words being called out each round.
 3. If a word on your bingo sheet has been called out by the Caller, cross out the word on your Hepatitis Bingo sheet. If the Caller didn't call any of your words, wait for the next round of words to be called out.
 4. Shout 'Bingo' if you have crossed out 5 viral hepatitis words in a row or diagonally.

Take a moment to reflect on what word was called out.

Hepatitis Pictionary

Explore liver health and viral hepatitis through creativity. Practice your knowledge about viral hepatitis.



Instructions:

- **How to win:**
 - » whoever has the most points at the end of the game wins, or the first team to score 8 points.
- **Set up:**
 - » Have a whiteboard and whiteboard markers or a pencil/marker and paper ready
 - » Shuffle the deck of cards (Hepatitis Pictionary cards)
 - » Split players into 2 to 4 even teams.
- **How to play:**
 - » One person from one team will draw a card (without showing anyone) – this person will be the Picturist
 - » The Picturist is given one minute to draw what is on their card and for team members to guess what the word is.
 - » The round ends when the timer runs out or whether the word is guessed correctly. Correct guesses earn one point
 - » Place the card from the round into the discard pile.
 - » Repeat steps 1 to 3 with all other teams and rotate the role of the Picturist within the team so that everyone gets to play.

Take a moment to reflect on what the answer was.

You can also play this game without scoring points.

There are plenty of people who you can talk to about hepatitis B and hepatitis C. Sometimes it can be helpful talking to family or friends, if you feel confused or upset.

Health workers, counsellors, youth workers and other professionals will be able to help you find specialist information if they don't know the information themselves. Here are some ideas of places to go and people to talk to if you've got more questions or need some help:

- **LiverLine** 1800 703 003 liverwell.org.au
- Your local **GP**
- **The Better Health Channel** betterhealth.vic.gov.au
- **Kids Helpline** 1800 55 1800 kidshelpline.com.au
- **NURSE-ON-CALL** 1300 60 60 24
- **Youth Drugs and Alcohol Advice** yodaa.org.au
1800 458 685