



centre for
culture,
ethnicity
& health

MULTICULTURAL COMMUNITY ACTION NETWORK (M-CAN)



PROJECT OF:



multicultural health
& support service

ABOUT US



Multicultural Community Action Network (M-CAN) is a community-led initiative of Multicultural Health & Support Services. It is based on community development principles, peer-based strategies and self-advocacy.

Established in 2015, M-CAN builds the capacity of communities around blood borne viruses (BBVs) and sexually transmitted infections (STIs) prevention and sexual health.

**FOR COMMUNITY,
BY COMMUNITY**

OUR GOALS & OBJECTIVES

M-CAN's primary purpose is to develop long term partnerships between peer educators, community members and the Multicultural Health Support Services (MHSS).

Since its inception, the network has worked to raise awareness on sexual and reproductive health, through community-driven campaigns, workshops & forums. It has over 100 members, mostly young people from refugee and migrant backgrounds.

M-CAN helps its members use their existing skills and knowledge to advocate as effectively as possible among their communities for sexual health improvements & the prevention of STIs & BBVs.





M-CAN PROJECTS

2020

TALKING SEXUAL HEALTH IN SEPTEMBER

A COLLABORATION BETWEEN CEH AND TORRENS UNIVERSITY

This SEXtember, we made the most of World Contraception Day by having meaningful conversations around safer sex and contraception and answering some real questions:

- Which contraceptive method protects against STIs?
- What about convenience of use?
- How effective are they?

"THE WORKSHOP WAS SOOO GOOD! LOVED THE ENERGY AND COORDINATION AMONG YOU GUYS. LEARNED A LOT AND KEEP DOING MORE EVENTS LIKE THIS."

- PARTICIPANT

Safer Sex - Contraception

BARRIER

- Condoms
- Diaphragm
- Male - vasectomy
- Female - tubal ligation

NATURAL

- Abstinence
- Fertility Awareness Methods
- Withdrawal method

EMERGENCY

- Emergency Contraceptive Pill

HORMONAL

- The Pill
- Mini-pill
- Contraceptive Injection
- Contraceptive Implant
- Intra-uterine Device
- Combined Contraceptive Patch
- Vaginal Contraceptive Ring

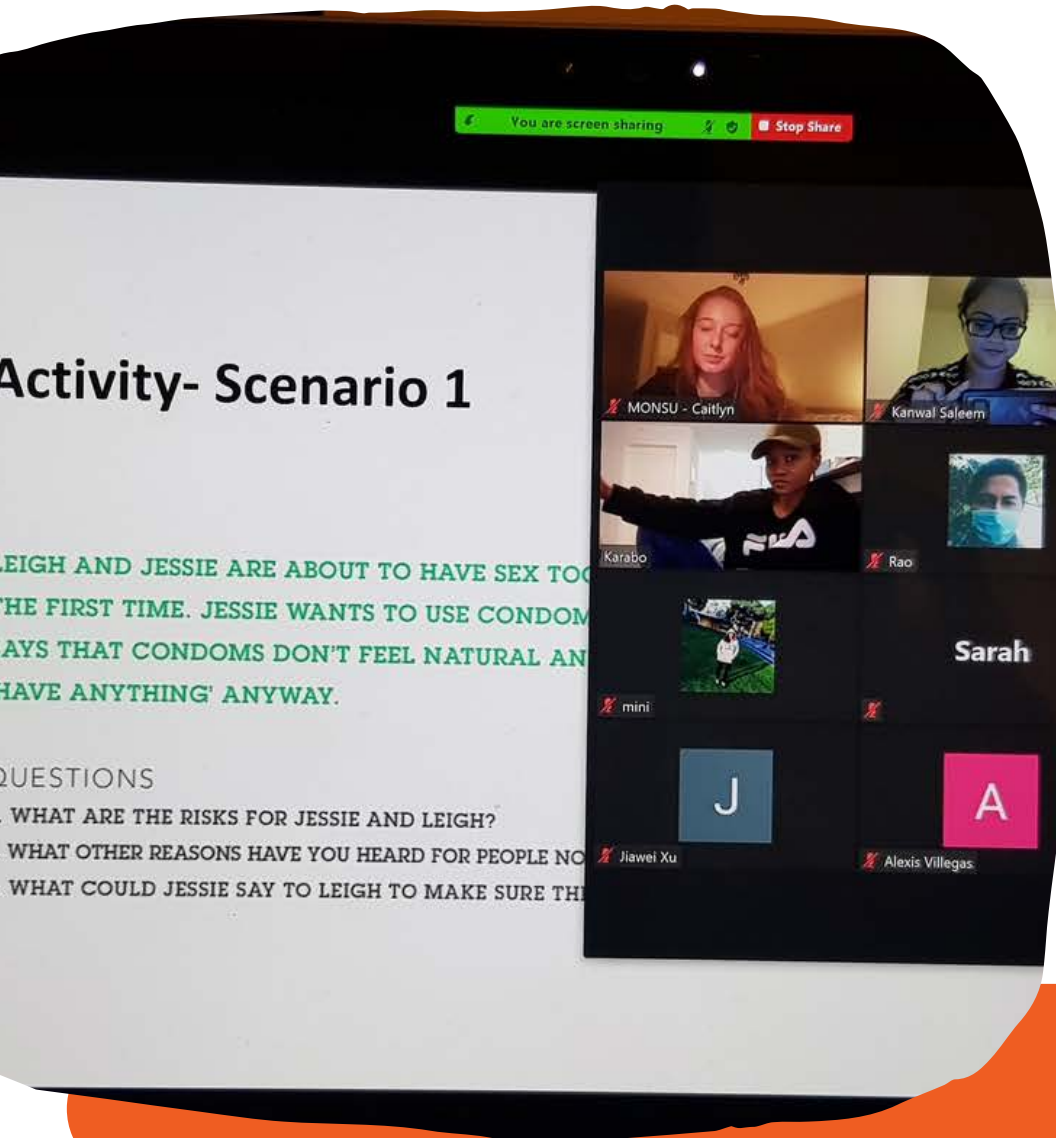
Participants:

- MHSS Education
- Sungkavi Selvakumaran
- Wania Usmani
- Hirukshi Bennett R.

SEPTEMBER 2020

MONSU'S SAFE & SEXY WEEK

A COLLABORATION BETWEEN CEH AND MONASH UNIVERSITY
STUDENT UNION (MONSU)



We discussed everything about sex, sexuality and safe sex in a judgement-free environment last night during M-CAN's workshop- Beyond the Birds and the Bees at MONSU's digital Safe and Sexy Week.

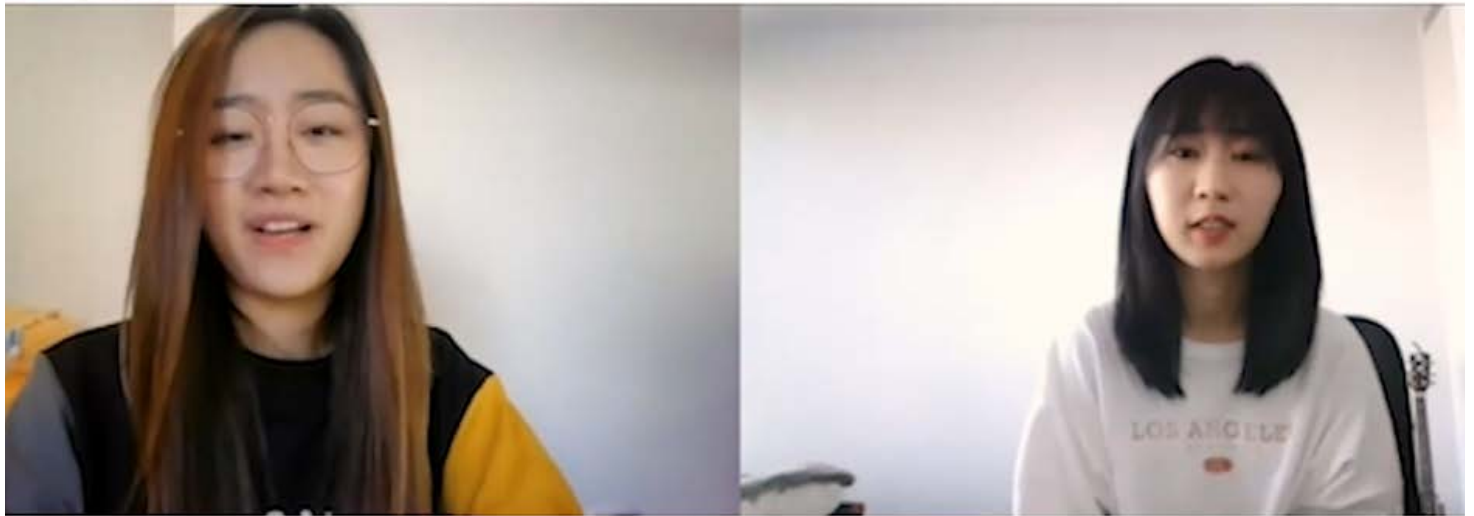
Practicing safer sex means having sex in ways that prevent or decrease the likelihood of unplanned pregnancies and sexually transmitted infections (STIs) from passing between partners.

"The workshop was fun and provided a safe space to learn about such an important topic. I learned so much. The best thing was we were able to ask questions anonymously in a comfortable environment."

Participant A

WORLD HEPATITIS DAY 2020

"LET'S TALK HEP" ON WORLD HEPATITIS DAY



No, tests for hepatitis B and C are simple blood tests

M-CAN team found new ways to connect with our communities for World Hepatitis Day this year.

M-CAN used Zoom to film 6 videos -3 in English & 3 in Chinese- with our M-CAN members from the Chinese community. These videos featuring important discussions around hepatitis during this new normal world of COVID-19. The videos explored questions around testing, vaccinations and management of hepatitis during the COVID-19 pandemic.

Watch the videos [HERE](#)

WORLD REFUGEE DAY 2020

CELEBRATING THE YEAR OF WELCOME VIRTUALLY

Pyrawy Sivarajah
SRI LANKA
Year of Arrival:
1998

a story of
asylum seeking





Thelma Nascimento
BRAZIL
Year of Arrival:
2015

a story of migration




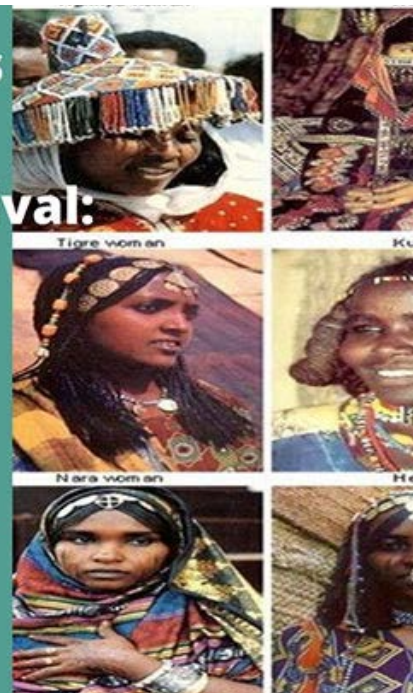
Fatima Aman
PAKISTAN
Year of Arrival:
2009

a story of migration



Nesrin Idris
ERITREA
Year of Arrival:
2002

a story of refugee



#DIGITALVOICES #WORLDREFUGEE DAY #YEAROFWELCOME

BEYOND THE BIRDS & THE BEES

COLLABORATION WITH RESPECTFUL COMMUNITIES AT
MONASH UNIVERSITY

"Is coconut oil a great lubricant?"

Coconut oil lube should **NOT** be used with latex condoms.

It is important to **practice safe sexual habits** to ensure the health and

you and your partner consent to performing sex also means both you and your partner are physically.

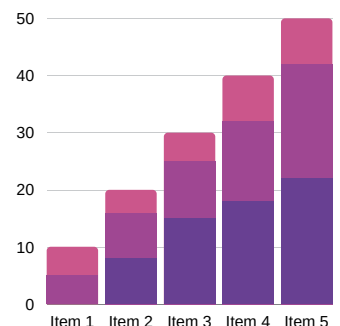
Protection is important to prevent any unplanned sexually transmitted infections (which we will talk

Precautions – It is better to avoid having sex when you are under the influence of alcohol or recreational drugs.



The workshop was all things **SEXUAL HEALTH**. we discussed about Safer Sex Practices with a specific focus on prevention against STIs. Access to in-campus health and well-being services including STI testing, Counselling and Respect Campaign for International Students at Monash University were also shared.

100%
excellent!



NATIONAL VOLUNTEER WEEK 2020

**LIKE-MINDED PEOPLE WORKING TOWARDS IMPROVING THE SEXUAL
HEALTH OF THEIR OWN COMMUNITIES**

To show our support for **#NVW2020**, two of our volunteers shared their experience of what volunteering means to them.

I volunteer to help others and as well as to give back to my community. When I first arrived in Australia, I found a lot of support available. I hope that I can provide the same support to other international students.”,

**SARA FUNG
CHINESE COMMUNITY**



As an individual from a migrant background myself, M-CAN also provides me with a chance to give back to my own community. Volunteering not only aids the communities you help, but also empowers you! It has given me a boost of self-confidence and sharpened my soft skills.

**SUNGKAVI SELVAKUMARAN
SRILANKAN COMMUNITY**

INTERNATIONAL WOMEN'S DAY FORUM

‘WOMEN, KNOW YOUR PLACE.’



An equal world is an enabled world. The forum celebrated the achievements of women from refugee and CALD communities.



ENGAGE ENRICH EMPOWER

THE RISK IS NOT KNOWING

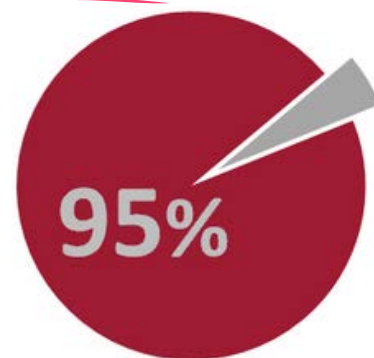
**CONDOMS, PREP, OR A COMBINATION.
YOU CHOOSE.**

On 4th March, young women from Latin community came together and joined the conversation about HIV and PrEP at the M-CAN workshop - "Let's talk about HIV and PrEP". The workshop explored the HIV basics, along with some interesting hands-on activities.

Preventing transmission of HIV is as important as treating those who have it. Condom use remains an inexpensive, cost-effective first line of defence against HIV.



**"It was the first time I saw a female condom!"
– Participant Y**



EXCELLENT

MARCH 2020

11



M-CAN PROJECTS

2019

DIA MUNDIAL DEL SIDA 2019 WORLD AIDS DAY FORUM

Today 4 in 5 people with HIV are tested and 2 in 3 get treatment. Communities play a major role in achieving this success.

On Wednesday December 11, M-CAN celebrated World AIDs Day with Melbourne's Latin Community. The forum encouraged discussion and opened up dialogue about HIV prevention and PrEP.

The Q & A showed that there is a significant knowledge gap among the community members, with less than 20% knowing about PrEP and 10% about U=U.

"Today was the first time I heard about PrEP. The Sex-Ed we get in our country (Mexico) just talks about anatomy and that's it. I have heard about HIV, but I didn't know that it's treatable and you can have children even if you are HIV positive! That's great!"

- Participant B



CONSENT & EVERYTHING THAT MATTERS

**WHAT IS CONSENT AND WHY IS IT IMPORTANT TO YOU?
- UNIVERSITY OF MELBOURNE STUDENTS -**

The workshop provided a safe space for international students at the University of Melbourne to have a meaningful conversation about sexual consent and how to recognise situations when consent can and can't be given. Some key lessons from the workshop:

- importance of consent in sexual relationships
- effective use of communication skills in relationships
- how to take bystander action
- access to relevant internal and external support services

"I had a really good time and learned a lot. I felt really comfortable sharing my personal story"

- participant A



IS YOUR LIVER AS HEALTHY AS YOU THINK?

HEPATITIS B AWARENESS WITH THE INDIAN COMMUNITY



“Can Hepatitis B be transmitted by mosquito bites?”

This, and other commonly asked questions about hepatitis, were on the table at M-CAN's Hep B awareness session for the Indian Community. All things hep B were discussed, including prevention & treatment, as well as myth busting about the condition!



it is biologically unlikely for mosquitoes to transmit Hepatitis B.

STI TESTING WEEK TALK, TEST, TREAT

1 IN 6 PEOPLE WILL CONTRACT AN STI. STIS DON'T CARE ABOUT AGE, SEXUALITY, INCOME OR WHERE YOU LIVE



During Victorian STI Testing Week, M-CAN conducted an interactive workshop for year 9 & 10 students at Al-Taqwa College, Truganina, Victoria

The workshop encouraged conversations around STIs within a safe space for young Muslim females and educated them about the importance of early detection and regular screening.

**90% PARTICIPANTS
REPORTED THAT THE
WORKSHOP
INCREASED THEIR
UNDERSTANDING
ABOUT SEXUALLY
TRANSMITTED
INFECTIONS (STIS)**

LET'S TALK ABOUT OUR OPTIONS

EVERY WOMAN HAS THE RIGHT TO PLAN HER FAMILY,
AND CHOOSE THE RIGHT TIME TO HAVE CHILDREN.

M-CAN celebrated Women's Health Week at the SEXtember workshop where Chinese women were encouraged to openly discuss and learn about different contraceptive options without embarrassment.



Do diaphragms protect against sexually transmitted Infections (STIs)?

Diaphragms do NOT protect against sexually transmitted infections — but luckily, condoms do.



WORLD HEPATITIS DAY FORUM



1 in 13 Chinese people are living with Hepatitis B or C virus. If left untreated, hepatitis B and C can lead to liver damage and liver cancer. On World Hepatitis Day, M-CAN hosted a community education session for the Chinese community. The main aim of the session was to help build knowledge in the community about Hepatitis B prevention and treatment.

"Excellent session! The presenter was very good and gave very clear presentation. Also, having the session in our own language – Mandarin – made it simple and easy to understand."

WORLD REFUGEE DAY FORUM



PEOPLE FROM REFUGEE AND CULTURALLY & LINGUISTICALLY DIVERSE BACKGROUNDS ARE CONSIDERED PRIORITY POPULATIONS FOR THE MANAGEMENT AND TREATMENT OF BLOOD BORNE VIRUSES IN AUSTRALIA (AUSTRALIAN MEDICAL ASSOCIATION, 2017).

On the 20th of June, M-CAN commemorated World Refugee Day with its “Access for All” Forum.

This was a collaborative opportunity for the members of refugee and migrant communities to discuss key priorities in making HIV prevention more accessible. Themes explored, included:

- Barriers and enablers to HIV prevention service access.
- Emerging issues related to HIV prevention among refugee and migrant communities.



STI TRIVIA NIGHT

**"SO HOW MUCH DO YOU KNOW ABOUT STIS & PRACTICING SAFE SEX?"
UNIVERSITY OF MELBOURNE, MEXICAN COMMUNITY WORKSHOP**

The trivia night consisted of 3 rounds of questions, focusing on sexual & reproductive health, STIs and Mexican culture.



**79% PARTICIPANTS
RATED THE
WORKSHOP
EXTREMELY HELPFUL**

***"FREE CONDOMS
ARE VERY GOOD"***



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