

Smart Body Art Workshop



This is a workshop developed by the creative folks at
AIDS COMMUNITY CARE MONTREAL



**This workshop is SHAREWARE.
Copy and distribute freely.**
Let us know how you liked it and what you did with it!

A QUICK INTRO TO ACCM

AIDS COMMUNITY CARE MONTREAL

ACCM is a community organisation working primarily in the English language to prevent HIV transmission, to promote community awareness and action, and to enhance the quality of life of people living with HIV/AIDS.

THE DEPARTMENT OF EDUCATION AND PREVENTION

Health is more than the absence of disease ... health is a lifelong commitment to physical and emotional well-being. Being healthy means being aware of risks and making informed choices. Everyone makes decisions about their health, but some choices are harder than others. Our goal in the Department of Education and Prevention is to fight discrimination and to provide individuals with the tools to make informed choices about healthy behaviour. We're empowering individuals and communities to take charge of their health.

OUR WORKSHOPS

Our workshops are built by our team of educators, and are available to anyone who wants to integrate HIV, Hepatitis, and Health Promotion activities into their programming. Our workshops include discussions about biology, law, and the social, political, and economic aspects of HIV, as well as sexuality, identity, self-esteem, sexual orientation, assertiveness and sexual autonomy. Yes, it's SHAREWARE!! You can download, share, interpret, and use sections of our workshops. All that we ask in return is that you mention ACCM when you use our workshops. We also would appreciate any feedback that you have. We want to know what worked for you, and what didn't! We're also available if you have questions about anything in these workshops.



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HOW TO USE THIS WORKSHOP MANUAL

If you have downloaded this workshop, then you have taken a very important step in helping educate members of your community, school or group of friends about the importance of practicing safe Body Art. ACCM has made this resource available for everyone because we understand how useful it is to have all the information in one place. This workshop tries to facilitate the transfer of this important information from you to those around you.

As such, we have tried to make the information as easy to read and decipher as possible. The table of contents outlines for you the different topics, and includes both discussions and activities. The text is split into information for you, the facilitator, and the audience. Whatever is written in normal type is to be presented to your group, while anything in *italics* is there to help prompt you, the presenter, as to what should be happening, or gives hints as to how to keep things moving.

The Smart Body Art Workshop is designed to be interactive and to encourage participation from within the groups you are animating. To prepare you, we have included both questions and a variety of answers that you can use to generate your own discussions. However, when you're doing a presentation about Body Art, it's important to remember that each group is different. What works well in one group may not apply at all to another. The best thing that you, as a facilitator, can do is to assess the group you will be presenting to, and tailor the workshop accordingly. There is a lot of information available to you, so feel free to contact ACCM if you need help sorting through it, or if you have any questions.

Since we often offer this workshop in conjunction with our ABCs of HIV workshop we have not included extensive sections on HIV, Hepatitis or STDs in this outline. Instead, it is up to you as a facilitator to decide how you want to include these as part of your workshop. You can download these workshops from www.accmontreal.org and customize them for your own use: you can use all of, or part of, our workshops depending on your group and their needs. Any and all of this material can be moved around, elaborated on or removed, depending on time restrictions, age of the audience, or applicability of information being presented.

Our website also has a number of other informative resources for you to check out. Along with our workshop series there are some interesting activities, photos and links that may be beneficial to you and/or your group.

Remember: relax, have fun and stay open!

MATERIALS REQUIRED FOR THIS WORKSHOP

YOU WILL NEED:

- Something to write with
- Something to write on

AVAILABLE ON OUR WEBSITE:

- Pictures of tattooing and piercing equipment
- Hepatitis B&C Fact Sheet
- The ACCM Smart Body Art Studio Inspection Checklist (on pamphlet and reminder card)
- Evaluation Forms

YOU CAN ORDER:

- ACCM Body Art poster, pamphlets and reminder cards

INTRODUCTION AND WELCOME

Introduce the workshop (Smart Body Art Workshop: the basics you need to know in order to stay healthy and to reduce your risks of HIV and Hepatitis transmission while getting Body Art done), the facilitators, the organisation and the different services. If the group is small enough, do a quick round table to get everybody's name.

An example of how we introduce this workshop at ACCM is:

Hi, my name is _____ and I work / volunteer for ACCM. We offer two types of services – support for people who are living with HIV, and education and prevention. Today we will discuss the Smart Body Art and the basics you need to know to stay healthy.

But it is important to remember that we are just giving you the information: it will be up to you to analyse and use this information in order to keep yourself safe.

The only one who can keep you safe is YOU!

WHAT IS BODY ART?

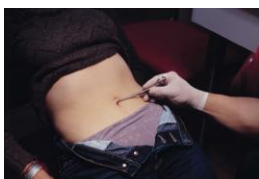
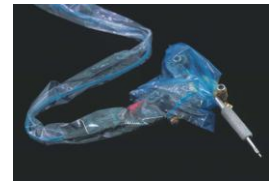
Start by posing the question “What is Body Art?” to the group and either write their answers down (on a flip chart or a chalk board) or keep a mental list. Answers may include, but are not limited to: tattooing, piercing, branding, scarification, surgical implants, henna and body painting.

After you have come up with a list of different kinds of Body Art you can show **Photos 1 and 2** to demonstrate the different types of penetrative/permanent Body Art that can put someone at risk of transmitting Hepatitis C and/or HIV. In these photos there are examples of tattoos, piercings, brandings and implants.

A quick introduction to the different methods of Body Art may be helpful for the participant to understand – you can go into as much detail as you feel fit or time permits.

TATTOOING:

Tattoos are permanent designs made by injecting ink under the skin with a needle or needles. A person decides what kind of picture, symbol or design they want. The image is then transferred onto their skin either free hand with a marker or using transfer paper to copy the design directly onto the skin. The tattoo artist then traces the image with their tattoo machine using a needle to put ink between the 2nd and 3rd layers of skin. (Photos 3 and 16).



PIERCING:

Piercing procedures include puncturing the skin with a sharp instrument (usually a needle) in order to insert jewellery into the hole. Studs, barbells, hoops and other surgical steel objects are examples of piercing jewellery. (Photos 4 through 7).

Photo 4: The artist pinches the area that is to be pierced with a special instrument that allows him/her to isolate the area.

Photo 5: A new piercing needle is used to puncture the skin.

Photo 6: The body or the piercing jewellery (in this case a belly button rod) is put into place.

Photo 7: The piercing is complete – the jewellery just needs to be assembled.

BRANDING:

There are multiple types of branding, including strike branding, cauterization branding and laser branding.

Strike Branding involves heating surgical sheet metal to 850-950 degrees F and then bringing it into contact with the skin in order to leave a scar in a particular pattern or shape. Thinner pieces of metal allow for greater precision, and brands tend to heal to 3-4 times thicker than the size of the utensil.

Cautery branding involves using medical cauterization tools to burn shapes and patterns into the skin. This is a more precise form of branding, but less common.

Laser branding uses lasers, which are the most precise, but the least common.

Branding is usually done in an effort to produce keloids, a type of raised scar formed of fibrous scar tissue and is produced by your body in response to trauma. Some people have a predisposition to keloids, and if not, they are usually induced by continued irritation of the wound.

REMEMBER: The fumes from branding contain biological material, and while most viruses or bacteria will be killed, some will not. Anywhere practicing branding should use a HEPA filter, and

SCARIFICATION:

Cutting or slicing the skin with a thin blade in order to create a permanent scar resembling a desired shape, pattern or symbol. In certain instances different substances can be rubbed into the wound to produce a special effect. Ink can be used to create a coloured scar or ash, clay or red wine vinegar can be used as irritants to induce a raised scar. Cutting involves the risk of infection, and you should ensure that tools and anything coming into contact with your skin is properly sterilised. Gloves should definitely be worn, and the artist should not be touching anything other than the instrument used for cutting and your skin: otherwise, they should be changing gloves.

Skinning involves cutting larger outlines and removing the skin from within the outline to create bigger scars. Keep in mind that skin is the body's primary defense against the hostile environment which surrounds us. Removing any portion of it can compromise your ability to fight off infection and disease.

Chemical Scarification uses chemicals to brand the skin. This method is not highly recommended since the use of chemicals can be dangerous and unpredictable. Generally, small amounts of chemical will not produce the quality of scar that other, safer methods would.

Injection Scarification is another form of chemical scarification involving the injection of chemicals under the skin. Results are usually in the form of blisters and scars.

Abrasion Scarification uses heavy friction to remove layers of skin, eventually removing enough skin to create scarring.

Chaotic Scarification endorses the creation of random scarring instead of pattern scarring. This effect mirrors what generally happens over a lifetime of experience, with small scars distributed over the body instead of concentrated in one area.

WHY TALK ABOUT BODY ART?

One of the most common questions that we get when we give this workshop is “What the heck does Body Art have to do with Hepatitis or HIV?” The more that youth know about the processes of tattooing and body piercing, their risks and the conditions and measures of hygiene necessary to avoid risks, the better prepared they will be to make healthy choices with regards to these practices. It is very important for you, as the facilitator, to help the group make the connection between unsafe Body Art and disease transmission while maintaining the integrity of these art forms which are completely safe if the proper safety precautions are taken.

Body Art and its many representations are not new and neither are the health risks of having it done. It is very possible to contract Hepatitis, HIV and other infections through engaging in unsafe Body Art, which is why we feel it is important that people be provided with the information that will give them control over their own health and ensure minimal risk. If Body Art is performed correctly, and your artist has made infection control a priority, there is little to no risk involved.

Besides, many, many people consider Body Art to be beautiful, natural and expressive. We believe that this kind of thinking should be celebrated instead of criticized. Rather than try to scare you away from introducing Body Art into your life, we thought we'd give you the tools to do it safely, should you choose to do it.

GETTING THE CONVERSATION STARTED – ASK ‘EM ABOUT THEMSELVES

To encourage participation from the group you may want to engage them by getting them to discuss their personal experiences with Body Art. Almost everybody loves to talk about and share their own personal experience. Getting people in your group to participate will help to personalize the information you are about to share, by making it more relevant to them. Try to get a quick story that you may refer back to throughout the presentation.

Be prepared that most of the ear piercing examples will involve a piercing gun.... if you want to touch on this topic now feel free, or you can wait until it is discussed near the end of the workshop.

The following is a list of questions to help you get the conversation started:

DOES ANYONE HERE HAVE ANY BODY ART? TATTOOS? PIERCINGS?

- Can anyone tell me a little bit about his or her experience getting it done?
- What happened when you got to the studio?
- How did you decide what you wanted to get done?
- Did you feel comfortable with your artist?
- Did it hurt when you got it done?
- Was it painful for any amount of time afterwards? How long?

IS ANYONE THINKING ABOUT GETTING ANY BODY ART DONE?

- What are you thinking of getting?
- Have you thought about where you would like to go to get it done?
- Have you decided where on your body you would like to get it?

ARE YOU READY?

Body Art is a lifetime commitment. Removal is an expensive and painful process that can leave scars on your body the same size of your work. This means that it is VERY important to think carefully about a few questions (the WHO, WHAT, WHERE, and WHY of Body Art) before getting Body Art done. But **most importantly**, if you're already thinking about how to remove your Body Art then you probably shouldn't be getting it done in the first place.

The WHO, WHAT, WHERE, and WHY of Body Art

Get the group to brainstorm ideas and answer each of the following questions. Possible answers have also been provided after each question in case you need to coax them along a little. You can keep track of the responses on a flip chart or chalkboard. This next activity is to keep the conversation going and to provide the space to talk about Body Art in greater depth.

WHY

WHY would you, or anyone for that matter, get Body Art done?

- ☉ To mark a significant event
- ☉ To express something about themselves
- ☉ To look good
- ☉ To have a secret
- ☉ All other reasons given...

WHAT

How do you decide WHAT kind of Body Art to get done?

- ☉ Get advice from friends and family - Family and friends should give you an honest opinion about a tattoo idea or piercing placement. Plus, if you include them in your decision making process they may be more supportive of your choice once it's done.
- ☉ Come up with the idea yourself - If you have an idea about where you would like a piercing or tattoo but have never seen it before, don't get discouraged: this doesn't necessarily mean that it is not possible to do. Talk to your artist: ask for suggestions – you never know, you may come up with something incredible and wildly original. A tattoo can be based on a drawing that you've made or a drawing the tattoo artist makes after hearing your ideas.
- ☉ Check out different shops, practitioners and their work - Looking at the flash (sample tattoo designs ready to be made into transfers) that most tattoo shops have up on their walls (*Photo 8*) or browsing the portfolios (photos of their work kept by most Body Artists) of different artists may help you come up with an ideas.

*** If you're getting a symbol or something in another language make sure you know what it means ... for real!

WHERE



After you've decided *WHY* you want to get it done and *WHAT* kind of Body Art you're going to get, what are some of the things that you should consider when deciding *WHERE* on your body to get it done?

- If you get some really obvious Body Art done, like a large tattoo on your arm or a piercing on your face, will it keep you from getting a job?
- What if you want to act, work in an office or with the elderly?
- If you work in a hospital will you be allowed to wear your jewellery?
- How big will the hole or scar be if you take your jewellery out?
- Do you spend a lot of time with children? Can they rip your piercings out?
- Will your new Body Art affect you everyday routine, like sports, sex, eating habits or your job.
- Will you be able to keep your new Body Art clean until it is healed? Tattoos and piercings can take anywhere from one week to one year to heal, depending on where you get them and how quickly your body heals. You have to be able to clean and take care of it for that time; otherwise you can get infections and permanent scarring.
- You might want to think about whether or not you partake in any activities, like sports and sex, that may be impeded by getting Body Art done ... consider if this is a sacrifice that you are prepared to make?

WHO

Lastly, but definitely not least importantly, *WHO* should you get to do your work for you?

Regardless of whether you're in a shop, someone's place, or at a show, it is important that your artist is a professional who will answer all of your questions, discuss and/or customize your work and always practices safety procedures that eliminate the risk of Hepatitis and HIV transmission.

How do you find a good artist?

- If you like someone's tattoos, ask who did them. Even if you're not impressed with the work, you can always find out which artists to avoid.
- Visit a shop and ask to see the artists' artwork.
- Choose from the flash on the walls: (*Photo 8*), but remember that the artist in the shop may not have drawn them. Flash is useful to get tattoo ideas, but you should always ask to see photos of completed work.
- Pick an artist whose style you love – you're going to be displaying their work to your grandkids!

THERE ARE SOME RISKS INVOLVED...

NON-INFECTIOUS RISKS

*It is important to recount here that there are no policies or laws established for tattoo or piercing studios, only **guidelines**.*

ARE THERE SAFETY REGULATIONS?

Body Art Studios are not regularly inspected by health officials: in fact, many never are.

- ☉ This means that a studio could be using dangerous material and putting people at risk for infection.

The government does not regulate tattoo artists and piercers.

- ☉ This means that anyone who can hold a tattoo gun or piercing needle can open up a shop. An artist does not have to take any courses, nor does s/he need a specific license or permit to practice their art.

Owners and artists move around.

- ☉ Safe Body Art practices depend on how much the artist or owner knows about safety practices, and how much they are willing to spend on these practices. This means that your favourite artist, the one that took extra steps to ensure safety, could have a new owner or coworker that either doesn't know the safety guidelines, or chooses not to follow them.

This means that the only person who can look out for your safety, is YOU!

NON-INFECTIOUS HEALTH RISKS

There are also some a number of non-infectious health complications that can follow getting Body Art done:

- ☉ Sensitivity to tattooing pigment or to substances used in scarifications.
- ☉ Reaction to metal from body jewelry used in piercing.
- ☉ Unwanted scar tissue (obviously this is not applicable when discussing scarification).

INFECTIOUS HEALTH RISKS - REVIEW OF HIV TRANSMISSION:

ACCM offers the Body Art Workshop in conjunction with our ABCs of HIV Workshop. A review of HIV transmission is included here to establish continuity and build on workshop participants' knowledge. For a more in depth analysis of HIV you can refer to the ABCs of HIV Workshop on our website.

The way that HIV is transmitted can be explained in a very simple manner. Like all viruses, HIV needs specific conditions in order to transmit. If the following two conditions are not present it is impossible to transmit the virus:

1. One of the four body fluids that can transmit HIV must be present:

Here you can ask the group if they can name the four fluids that can transmit HIV, keeping in mind that the group will probably be suggesting many body fluids that don't transmit HIV (saliva, urine, vomit, etc.). This is normal and important to address. When someone gives you an incorrect answer, be sure to thank them because they are probably not the only person in the group who thinks that. An Example response is: "In fact, that fluid does not transmit HIV but thank you for your answer because many people think that it does".

| Yes – they can transmit | Nope – they can't transmit |
|---------------------------------|--------------------------------|
| ☉ Blood | ☉ Saliva, snot, tears, ear wax |
| ☉ Semen / Pre-Cum | ☉ Sweat, vomit |
| ☉ Vaginal Fluid/Secretions | ☉ Urine, feces |
| ☉ Breast milk (only for babies) | ☉ Spinal fluid |

If none of these body fluids are present, there is NO RISK.
Just the presence of fluid alone isn't enough...

2. The fluid needs an entry into another person's body

The presence of one of the four fluids that transmits HIV is only the first condition needed in order to transmit the virus, the fluid needs a way to get into the blood stream of a second person. If you're alone, there is no risk. Skin provides a layer of protection against all sorts of germs that you come across everyday, so you can't transmit the virus through healthy skin. High risk activities are vaginal and anal sex without a condom, sharing insertive sex toys, and sharing needles and related equipment.

WHAT DOES HIV TRANSMISSION HAVE TO DO WITH BODY ART?

It may seem strange to review HIV transmission when talking about Body Art, but Body Art that breaks the skin can be a high-risk activity if done unsafely because it can provide the blood from one person with direct access to the bloodstream of another. Though HIV can not live for a very long time outside the body and is easily killed by alcohol or other disinfectants, it is important to remember that if you are tattooing or piercing more than one person, and if proper safety precautions are not taken, it is possible to transmit the HIV virus.



THE HEPATITIS VIRUS AT A GLANCE

*The amount of detail you want to get into on Hepatitis will depend on your mandate, the knowledge of your group and the time you have for the workshop. For a more in depth analysis of Hepatitis you can refer to the **ACCM Hepatitis Workshop** on our website.*

Hepatitis is a virus that infects your liver, your toxin filter, and can cause permanent damage. There are many types, and you can catch more than one at the same time. Hepatitis is far more infectious than HIV, lives for a long time outside of the body and is easily transmitted. Consequently, it is very important to advocate the use of new needles and sterilized equipment every time you pierce the skin, whether it is for bodybuilding, drug use or Body Art.

| | Hepatitis B | Hepatitis C |
|---|--|---|
| What body fluids can transmit it? | Blood, breast milk, saliva, semen (including pre-ejaculate) and vaginal secretions (including menstrual blood) | Blood |
| What activities have a high risk of transmitting the virus? | <ul style="list-style-type: none"> ⦿ Needle prick. Sharing needles and unsterilized equipment for tattoos, piercing, or injection. ⦿ Sharing straws to inhale drugs. ⦿ Contact between open wounds ⦿ Vaginal or anal sex without a condom with lube and possibly oral sex without a barrier. | <ul style="list-style-type: none"> ⦿ Needle prick. Sharing needles and unsterilized equipment for tattoos, piercing or injection. ⦿ Sharing straws to inhale drugs. ⦿ Contact between open wounds ⦿ Vaginal or anal sex without a condom and lubricant. |
| Is it chronic? | 10% of adults and 90% of children become carriers for life. | 85% of those infected become carriers for life. |
| Is there a vaccine? | Yes, with 3 doses at 0,1, & 6 months | No vaccine currently exists. |

WHAT DOES THIS HAVE TO DO WITH BODY ART?

Hepatitis B and C can be transmitted through the exchange of blood, which is why unsafe Body Art puts you at risk of contracting them. Hepatitis B and C can live outside of the body on the surface of a table, a telephone, inside of a needle or a bottle of ink for up to two weeks. They are very difficult to destroy and are just as deadly as HIV if they come into contact with your blood.

HOW YOU CAN KEEP YOU SAFE

After getting the group to brainstorm ideas on what they think are indicators of safe Body Art practices you can start the review of the Smart Body Art Studio Inspection, which is on the last page of the ACCM Body Art Pamphlet and the ACCM Reminder Cards. Whether you choose to hand out the pamphlets and cards now or at the end of the workshop is completely up to you. Either way, run through the checklist together one item at a time, and ask the participants if they know why each item is on the list.

YOU KNOW YOUR PIERCING IS SAFE IF:

Your studio is using a recently tested autoclave to sterilize piercing tools. (Photo 9)

- ☉ An autoclave uses both pressure and heat to sterilize surgical steel, which most tattooing and piercing equipment is made out of. It is important to note that there is a big difference between sterilization and sanitation: when you sanitize something you are only getting rid of dirt and germs. In order for something to be sterile you need to also have killed any and all bacteria, infection and viruses. An autoclave is the only known effective method to kill the Hepatitis virus outside of the body.
- ☉ Autoclaves need to be tested on a regular basis so you can ask to see records of these tests in order to be sure that a studio is actually using it properly and sterilizing their equipment.

Your studio environment is clean, everywhere! (Photo 10)

- ☉ There should be no evidence of cigarettes, ashtrays, food, crumbs or wrappers, spilled ink, used tissues, old paper towels or anything else on the counters, tables or floors.
- ☉ This includes personnel - if the people that are working in the studio don't look like they have showered in weeks, let alone washed their hands, you can pretty much guarantee that they are NOT using proper sanitization methods.
- ☉ The area must have hard surfaces with no visible dirt - it is important that chairs, counter tops and floors are made out of materials that are easy to wipe off and sanitize. Things like velour covered chairs and carpets are a really bad idea because they will just soak up anything spilled onto them and are very difficult to get really clean.

Your artist wears new, disposable gloves during the piercing.

- ☉ Your artist should change their gloves if they touch anything that has not been sterilized, like the phone or the doorknob. Germs, bacteria and viruses can live almost anywhere: if your artist touches something that hasn't been sterilized and then your new Body Art (which is an open wound) s/he can easily pass on to you anything that they have picked up on their gloves.

Sealed sterilized piercing needles and sterilized jewelry are used for your piercing. (Photos 11 and 12)

- ☉ Anything that has been sterilized in the autoclave will be in a sterilization bag. Make sure your artist rips open the bag in front of you - if they simply unroll the top this could mean that they are reusing the bags.

Anything that your artist touches during the piercing is disposable, sterilized or covered by a new plastic layer.

- ⦿ This prevents cross contamination and minimizes the risk of infecting your Body Art (see point about disposable gloves).

Your artist uses the special equipment that piercing requires; piercing guns are not recommended because they cannot be properly sterilized.

- ⦿ Piercing guns should never be used on anything but earlobes. Even then, they are not the best choice because they are impossible to properly sterilize.

You are given a detailed aftercare sheet explaining care for you specific piercing.

- ⦿ This is very important to prevent infection that could quite realistically ruin your brand new Body Art.
- ⦿ This information should give you tips about care and a number to contact in case your Body Art does become infected.

Your artist practices safety procedures that eliminate the risk of Hepatitis and HIV transmission.

Ask questions. If your artist refuses to answer, leave

- ⦿ If your Body Artist gets sketchy when you start asking about sterilization procedures, chances are they are not doing them or not doing them right.
- ⦿ If ANY Body Artist won't answer the questions you have or address your concerns then in all likelihood they won't be capable of establishing the kind of trust-based relationship that is necessary to ensure safety.

YOU KNOW YOUR TATTOO IS SAFE IF:

Your studio is using a recently tested autoclave to sterilize tattooing tools. *(Photo 13)*

- ☉ An autoclave uses both pressure and heat to sterilize surgical steel, which most tattooing and piercing equipment is made out of. It is important to note that there is a big difference between sterilization and sanitation: when you sanitize something you are only getting rid of dirt and germs, in order for something to be sterile you need to also have killed any and all bacteria, infection and viruses. An autoclave is the only known effective method to kill the Hepatitis virus outside of the body.
- ☉ Autoclaves need to be tested on a regular basis so you can ask to see records of these tests in order to be sure that a studio is actually using it properly and sterilizing their equipment.

Your studio environment is clean, everywhere! *(Photo 14)*

- ☉ There should be no evidence of cigarettes, ashtrays, food, crumbs or wrappers, spilled ink, used tissues, old paper towels or anything else on the counters, tables or floors.
- ☉ This includes personnel - if the people that are working in the studio don't look like they have showered in weeks, let alone washed their hands, you can pretty much guarantee that they are NOT using proper sanitization methods.
- ☉ The area must have hard surfaces with no visible dirt - it is important that chairs, counter tops and floors are made out of materials that are easy to wipe off and sanitize. Things like velour covered chairs and carpets are a really bad idea because they will just soak up anything spilled onto them and are very difficult to get really clean.

Your artist wears new, disposable gloves during the procedure.

- ☉ Your artist should change their gloves if they touch anything that has not been sterilized like the phone or the doorknob. Germs, bacteria and viruses can live almost anywhere, if your artist touches something that hasn't been sterilized and then your new Body Art (which is an open wound) s/he can easily pass on to you anything that they have picked up on their gloves.

Anything that your artist touches during the tattoo procedure is either disposable, sterilized or is covered by a new plastic layer. *(Photos 15 and 16)*

- ☉ This prevents cross contamination and minimizes the risk of infecting you Body Art (see point about disposable gloves).
- ☉ This includes switches, spray bottles, and the tattoo machine itself.

Sealed, sterilized needles and tubes are used for your tattoo. *(Photo 17)*

- ☉ Anything that has been sterilized in the autoclave will be in a sterilization bag. Make sure your artist rips open the bag in front of you - if they simply unroll the top this could mean that they are reusing the bags.

Your artist assembles the tattoo machine in front of you.

- ⦿ When tattooing needles and tubes come out of an autoclave they will be in individual sterilization bags. Your tattoo artist should tear the bag and remove all needles and tubes in front of you to insure that you are the first person that they are being used on after being sterilized.

Tattooing ink, needles and razors are all new for your tattoo. (Photo 18)

- ⦿ Tattoo ink should be poured into little single use cups that are thrown out after your tattoo.

You are given a detailed aftercare sheet explaining the care required for your tattoo.

- ⦿ This is very important to prevent infection that could quite realistically ruin your brand new Body Art.
- ⦿ This information should give you tips or a number you can call in case you Body Art does become infected.

The Shop must have a biohazard box to hold used needles. (Photo 19)

- ⦿ You should be checking to see if there are needles in the biohazard box just to see if your artist is ACTUALLY throwing needles away.

Your artist practices safety procedures that eliminate the risk of Hepatitis and HIV transmission.

Ask questions. If your artist refuses to answer, leave.

- ⦿ If your Body Artist gets sketchy when you start asking about sterilization procedures, chances are they are not doing them or not doing them right.
- ⦿ If ANY Body Artist won't answer the questions you have or address your concerns then in all likelihood they won't be capable of establishing the kind of trust-based relationship that is necessary to ensure safety.

POSSIBLE ANSWERS TO POSSIBLE QUESTIONS

What should piercing jewelry be made out of?

There are only a certain number of metals that are safe to use. Jewelry should only be made from 316L surgical-implant-grade stainless steel, 14- or 18-karat solid gold, niobium or titanium.

Does getting a tattoo hurt?

Yes, getting a tattoo does hurt but most people express that the pain is more annoying than unbearable. The least painful areas to get a tattoo are the fleshy parts of your legs or arms. Anywhere near the bone will hurt more, like your chest or back. Getting a tattoo on your joints hurts the most because more nerves are located in these areas.

How long does it take for certain piercings to heal?

It is very difficult to estimate how long piercings will take to heal because peoples' body systems are all so different. Estimated healing times are as follows:

Lip: 6-8 weeks

Earlobe or eyebrow: 6-8 weeks

Any Cartilage: 2 months to 1 year

Navel: 2-6 months

Cheek: 2-3 months

Nipple: 2-6 months

EVALUATION

We try to hand this evaluation out at the end of all our workshops. We find this evaluation to be a very effective tool to help us determine if there are any improvement we can make in our delivery and to determine if the information we are sharing is actually “getting through”.

Did you learn something new during the workshop? yes no
If so, what did you learn?

What is the only thing that a Body Artist can use to properly sterilize their equipment?

After this workshop, can you see yourself doing anything differently? yes no
If yes, what? If no, why not?

Was the information easy to understand? yes no
Did you feel encouraged to ask questions and participate? yes no
Was the workshop relevant to you? yes no
Why or why not?

What did you enjoy most?

What other topics or information do you think we should cover?

Do you have any other suggestions or comments?

Please tell us about yourself ... Age: _____ Gender: _____

Are you attracted to members of the opposite sex, same sex, both, or neither?

Thanks for your feedback!



EVALUATION OF THE WORKSHOP FOR FACILITATORS

This evaluation is for us at ACCM. We would really appreciate it if you could take a few minutes to fill out this evaluation and send it back to us so we can continue improving our workshop series.

Did you find the workshop useful? yes/no

What did you find most useful?

Were the instructions clear? yes/no

Was the information easy to understand? yes/no

Did you find the workshop easy to animate? yes/no

What was the response to the workshop? positive/negative

What was your group's feedback?

Would you change anything about the workshop? yes /no
If yes, what?

What other topics or information do you think we should cover?

Do you have any other suggestions or comments?

Thanks for your feedback!