

Hygiene Heroes Unit 1: Handwashing with Soap

Note to trainer:

- PRINT first 10 minutes so trainer has no option to use PowerPoint but has to present live.
- The rest of presentation can be PowerPoint. as it presents 90 minutes of teaching in 20 minutes.

Images of glitter spreading

1. Putting glitter on a ball
2. Passing ball to someone entering the room
3. That person passes to the next
4. Each time, the glitter remains
5. Pause: Ask how the glitter spread



Does rinsing clean hands?

- Take an empty bottle and fill with water
- Poke two holes in the top
- Rinse hands
- Glitter remains
- Pause and ask: Is water is enough to clean sticky stuff?



A soapy bottle



- Add 12-15 drops of liquid hand wash (Dettol, Lifebuoy) into a 500ml empty bottle. Add clean water and shake well.

Does soap & water clean hands?

- Squirt a little soapy water on hands and have them rinse
- Does the glitter come off now?



Soapy bottle works!

- Now the mixture cleans germs away



What is in my classroom?

- Each week most classrooms have a student with loose motion
- Does that student wash with soap after using the toilet?
- We just found out that you need soap to remove sticky stuff
- So what is on that student's hands when he or she returns to class?

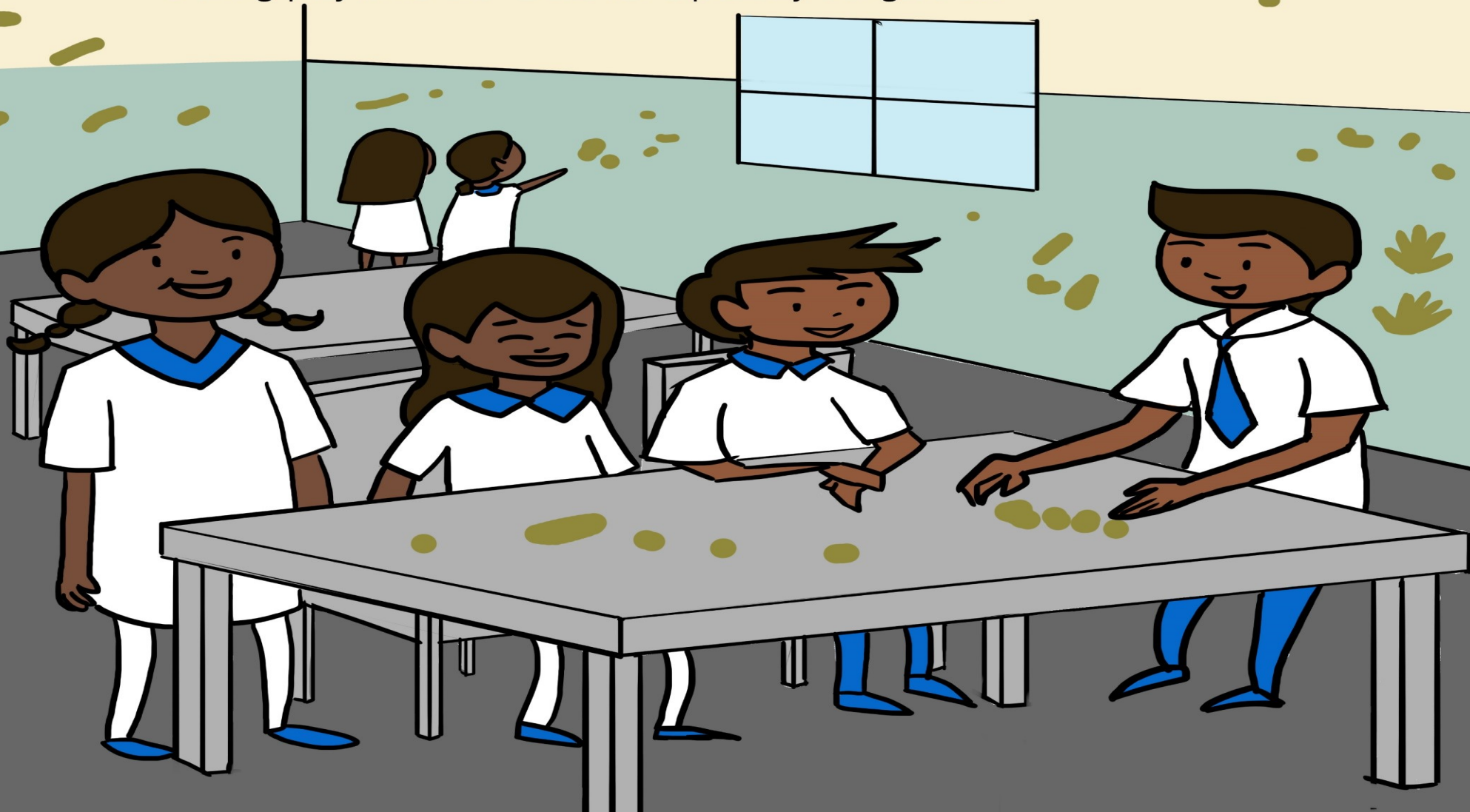


What does a student touch?

When you don't wash your hands, you unknowingly spread germs to your friends.



During playtime, this could be especially dangerous!



Even our teacher's things can get dirty, causing her to spread germs unknowingly too!



By the end of the day, our classroom becomes very germmy and disgusting!



What is in your classroom?

- What is in your classroom?
- How do you feel about that?

What should students do?

- What should students do to keep number 2 and germs out of your classroom?

Start presentation here

SHIFTING GEARS

- Those first few minutes are a great introduction for students to see why handwashing with soap is important.
 - They **learn** that removing sticky things like turmeric (and #2) need soap & scrubbing
 - They **understand** that it is important to wash hands with soap after leaving the toilet
 - They **feel disgusted** that classmates do not wash hands with soap – meaning the classmates bring number 2 and germs into their classroom

Why is it important students feel disgust?

Doctors in the United States and UK

- Do not usually wash hands with soap between patients
 - They know about germs
 - Soap and water are available and free
- But they almost all wash if they know someone is watching!

People in public toilets in the US & UK

- Do not usually wash hands with soap
 - They know about germs
 - Soap and water are available for free
- But they almost all wash if they know someone is watching!

Teaching about germs is not enough

- Apparently, people must feel disgust when hands are not washed with soap
- And they must fear shame if *others* see them just rinsing with water
 - And remind each other when someone forgets

You are experienced teachers

- As master teachers, you must not only give knowledge, but help students understand it is disgusting (as well as dangerous) to leave the toilet without washing hands with soap
- When the whole class feels disgust you can establish routines and habits that keep your students (& your family) healthy

How does having lots of illnesses and absences affect your ability to teach?

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- Students get behind and drag back the class
- Students who are malnourished can be disruptive

How does a classroom filled with number 2
and germs affect you and your family?

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- Illness is by far the main cause of teacher absenteeism
- And classroom germs can spread to teachers' families

Key points

- Diarrhea from unwashed hands causes tens of millions of illnesses each year
 - Hundreds of thousands of deaths, mostly of young children
 - Children do not grow as tall
 - Children learn less in school
- Handwashing with soap greatly reduces these problems

How can we make soap available in the class?

How can we make soap available in the class?

- You already met the soapy bottle
- We will give you one to take to your classroom



What should students do before lunch?

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Soapy bottle routines

- Each time the bell rings for lunch,
 - The teacher selects a student (such as the class monitor) to grab the soapy bottle.
 - That student then squirts soap on each classmate's hands as they leave the classroom.
 - Students scrub and then rinse with water source.

What should students do before lunch?

Alternative soapy bottle routines

- (Tightly) tie a soapy bottle to handwashing stations so students will always have soap to wash
- When students are in line for midday meals: One student squirts soap and one pours rinse water over a bucket
 - The hygiene Heroes might eat early + get a button

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What will work in your school?

Soapy bottle routines for toilet

- At one school, one boy and one girl each get a soapy bottle for each toilet block at recess. They are responsible for keeping the soapy bottle safe and making sure all students use it.
 - The “Hygiene Hero” role can rotate
 - Playing with soapy bottle ends your turn as the Hygiene Hero
 - Heroes get a button to wear.
- At another school, the teacher waits 2 minutes after a child heads to the toilet. She then sends a second students with the soapy bottle to help with washing hands.
- Some schools install a soapy bottle with a squeezer that only lets a bit out.

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What will work at your school?

We have 3 40-minute lesson plans to teach handwashing with soap

Objectives

- Students learn that they must use soap after leaving the toilet + before eating to avoid spreading number 2 and germs
- New behaviors and routines including soapy bottles so students wash hands with soap after leaving the toilet + before eating.

Instruction on washing – You have seen these before

- Wash hands song + instructions on handwashing
- 1. Wet your hands with clean water.
- 2. Add soap to your hands.
- 3. Wash your fingers and thumbs.
- 4. Wash the backs of your hands.
- 5. Wash between your fingers.
- 6. Wash your nails.
- 7. Rinse with clean water.

Washing Hands Song

(Tune: Row Your Boat)

Wash, wash, wash, your hands,

Soap will make them clean,

Scrub the germs til they fall off,

Germs go down the drain.



How track success?

- Count on memory
- Do not worry if one person forgets
- Start a class star chart.

Why is the star chart important?

Which statement is more true:

- My students are excited about washing hands with soap
- My students like to win competitions

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In most classrooms:

- My students are excited about washing hands with soap
- **My students like to win competitions**

Start a class star chart

- **But teachers are already busy:**
- **Let students run the star chart**

Start the class star chart

- Fill in rows for what they already did.

Group	Heroes	2	3	4
Monday: Start				
Tuesday: Soapy bottle before lunch				
Wed.: Soapy bottle before lunch & at toilet				
Thursday: Soapy bottle before lunch & at toilet				
Friday: Soapy bottle before lunch & at toilet				

Who will fill out the star chart in your class?

- Head boy or girl
- A special task for all year
- A special task that rotates among students

What works in your classroom?

Is the star chart perfect?

- Of course not:
 - Student favoritism, etc.
- Its purposes
 - A reminder
 - By adding a tiny bit of competition, make handwashing more fun
 - Not intended to gather “TRUTH”

What is a germ?

- Explain germs are too small to see
- Explain how germs spread
- Explain germs cause serious illnesses



Week 1 : *Tenali Rama Gets in Trouble*



The king learns it is important to have a rule requiring soap when leaving the loo

Tenali Rama Gets in Trouble

- King is mad Tenali Rama ordered handwashing as nobody comes back with dirty hands
 - Tenali Rama says ok, only use soap if look dirty
 - What could you ask students here?
- King spills pickle juice
 - Tenali
 - ...

Tenali Rama Gets in Trouble

What voice should the roly-poly servant have?

- What voice should the giant general have?



Summary Day 1

- Glitter demonstration
- “What is in my classroom?”
- Soapy bottle routines at school
- Demonstrate proper handwashing
- Start a class star chart
- What is a germ?
- Tenali Rama gets in Trouble
 - Comic book

Week 2:






- Gerry the Germ class participation story
- Soapy bottle goes home
- Letter home #1
- Classroom star chart

Gerry the Germ: Class participation story

- Goal = Students repeat lessons of handwashing after the loo & before eating



Gerry the Germ: Preparation is making or printing pages

Drawings	When I say	You do
or hold up a  soapy bottle or bar of soap	“Wash hands with soap”	Rub hands
	“Eat”	Rub tummy Say “Yum, Yum! “
	“Happy”	Smile “Ha, Ha!”
	“Sad”	Frown Sigh
	“Gerry the Germ”	Make a mean face and claws Mean laugh

Gerry the Germ: Class participation story

- What can might go wrong here?



Soapy bottle goes home

Students continue their healthy handwashing practices even when they are not at school.



Soapy bottle goes home

- Ask students to bring in a soapy bottle 2 or days in advance
- You and some students should bring spare bottles for those who forget
- Hygiene Heroes staff will provide soap for the first bottle each student brings home

First letter home

- Students bring a letter home and return with parents' signatures (or marks):
 - “My child uses the soapy bottle after going to the toilet and before eating, so they do not spread filth and germs around them home.”
- Note: We do not believe parents will tell us the truth, but the letter will let children teach their parents & ask parents to remind the students

Handwashing is more likely if classrooms compete

- Thus, the school-wide star chart

School star chart

Week	1	2	2	3...
Class:	Has a soapy bottle	Has a class star chart	%soapy usage	%letters returned
1				
2				
3				
4				
...				

Who will fill out the school-wide chart column for each class?

- Head student
- Special role
- Hygiene Hero of the week (who pours the soapy bottle)
- Etc.

School star chart

- Get credit for returning the letters home
- Get credit for refilling soap on schedule (as tracked in the HM's office)

Record soap refills for each class

- Put a chart like this near the soap refill for each class's soapy bottle
- Get credit for refilling soap on schedule (as tracked in the HM's office)

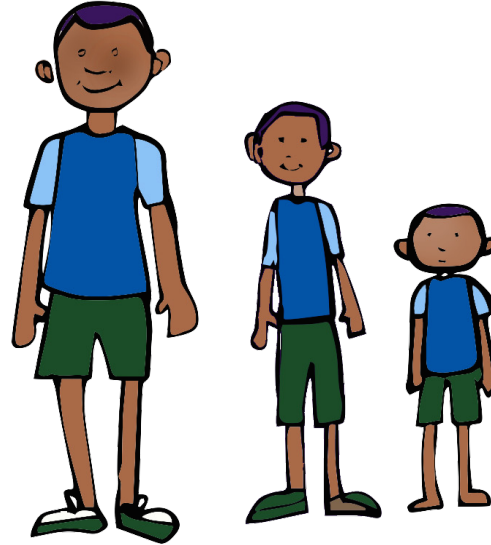
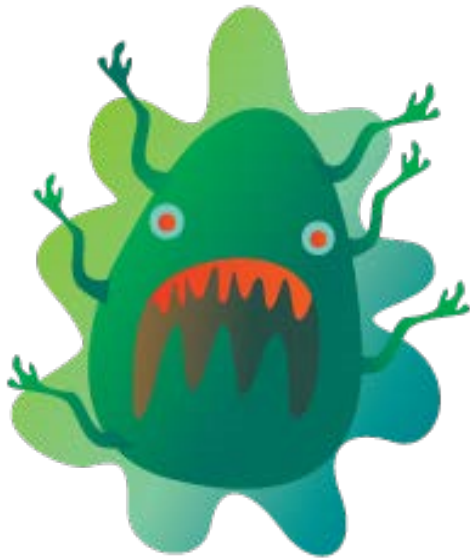
Please write the date you refilled the soapy bottle on the line for your classroom. Put the date and the letter "N" on days where you tried to refill, but no soap was present.

Room	Date				
1	19/4/16	26.4	5.5		
2	19.4	27.4	5.1		
3	19.4				
4					
5					
6					

Week 3: Reminder activities

- Gerry the Germ Goes to School comic book
- Second letter home
- Handwashing posters

Gerry the Germ Goes to School



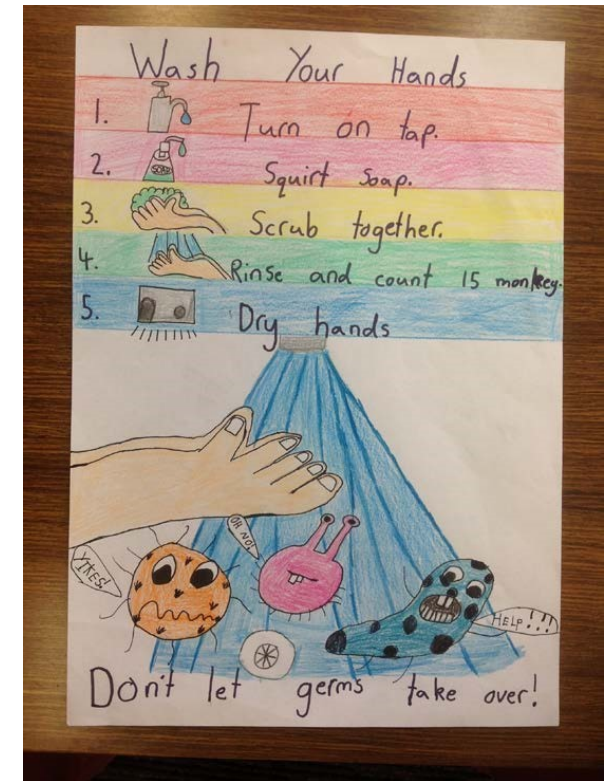
Comic book about how germs spread

Week 3: Second letter home

- Students teach their families what they have learned
- “My child has taught another family member to use the soapy bottle each time they use the toilet and before they eat. My child explained it is important to wash with soap so you do not spread filth and germs.”

Handwashing Poster

- Let your students be creative
- Working in groups often speeds up the poster
- Hold a contest in each grade!






Schedule

- When will you teach lesson 1?
- When will you teach lesson 2?
- When will you teach lesson 3?

- Please write your name and phone # along with those three dates.
- Please take out your calendar and write a reminder.

Reminders in Google Calendar for Android

- Open the Google Calendar app 
- In the bottom right corner, tap Create . 
- Tap Reminder . 
- Type your reminder *Hygiene Heroes*
- Tap **Done**.
- Choose a date, time, and frequency.
- In the top right, tap **Save**.
- You'll see the reminder in the Google Calendar app until you mark it as done. When you mark a reminder as done, it will be crossed out in the Google Calendar app, and will stay on the date you marked it as done

What are your concerns?

	Week 2	Week 3
Sending home	Soapy bottle Letter 1: Student uses soapy bottle	Letter 2: Student taught family member
Star charts	Classroom	School Soapy bottle refills
Gerry the Germ	Class participation story	Comic book
Art project		Poster

Why the Hygiene Heroes curriculum?

- Handwashing with soap can prevent about ½ student absences, increase learning and keep teachers and their families healthier
- Hygiene Heroes addresses both lack of soap and the need for behavior change
- Uses many tools to promote handwashing with soap
 - Routines, reminders, incentives, social status, working with parents, etc.
- It is fun for the students and interesting for the teachers
- It is a home-grown product developed by UC Berkeley and IIT-Madras, tested in Chennai schools
- With your help, we will keep improving it

<<towards the end>>

Is there time to teach this material?

- 90 minutes of teaching hygiene brings more than 90 minutes of student attendance
- BRTEs will monitor so HM will want to see soapy bottles and students using them

Plan for obstacles

- What will you do if there is no soapy bottle where it should be (such as your classroom or the staff toilet)?
 - Typical answer: Ask the HM for another bottle or bring one from home. Stockpile a few spare bottles at home.
- What will you do if the soapy bottle is present, but it is empty?
 - Typical answer for classroom: Go yourself or send a student to go refill the soapy bottle
 - For staff toilet: Go refill the soapy bottle.
- What will you do if you or you student tries to refill the soapy bottle, but there is no soap for refills?
 - Typical answer: Tell the teacher.
- And will you do if there is still no soap 2 days later?
 - Ask the HM when there will be soap refills.
 - ***Note that BRTEs monitor water, so do not let the shortage remain.***

Plan for obstacles

- What if there is no water
 - In a tippy-tap: Work with HM on procedures for refilling
 - From a tap: Work with HM on repairs.
 - ***Note that BRTEs monitor water, so do not let the shortage remain.***
- Is it ok to have shampoo or detergent on your hands?
 - So little soap remains after rinsing that it is not a health risk.
- What if the soapy bottle get slippery?
 - Rinse the bottle off when it gets slippery
- What if a student squirts soap at another student?
 - Rinse out eyes with clean water
 - Figure out why a student was playing.
 - If it was a Hygiene Hero, they lose their badge and the next student takes a turn.
 - If the bottle was loose, improve procedures (while ensuring soap is always present after the toilet and before lunch)

Will students change behavior immediately?

- **Of course not!**
- Should you give up?
 - Of course not!
- Your students *are* listening to you. It is just hard to change habits.
- Master teachers know that they must *keep repeating* lessons until children learn.
- Each time you remind them, you are one small step closer to them being safer - and your class avoiding filth and germs!