



The Center for Sustainable Development

Addressing Rural Development Challenges with Sustainable Solutions

lesson plan

promoter training

Lesson Plan for Presenting Hand Washing to Promoters

Level of workshop leader: Trainer
Level of Workshop Participant: Promoter
Duration of Workshop: 1 Day plus follow-up activities

Workshop Leader: Workshop Assistant:
Date: Lesson number:
Workshop Level: Number of Participants:

BACKGROUND INFORMATION FOR LESSON PLAN

Workshop Position in Progression of Workshops:

- Previous workshop: Diarrhea in Children: Participatory Approach
- This workshop: Hand Washing.
- Next workshop: Hygiene in the Kitchen.

Assumed Knowledge

An understanding that diarrheal disease can be spread through dirty hands.

Anticipated Difficulties/Problems

Potential difficulty to grasp technical information.

Solutions

- Work patiently with Promoters; listen carefully to their questions
- If a Promoter is having difficulty with technical information, hold a refresher workshop after the Promoter has been working with end Users for two months. The technical information may then have more contextual meaning.

Useful Internet Links:

This lesson plan has been adapted from the [Food, Water and Family Health: A Manual for Community Educators](#), and from the [Henry the Hand Website](#).

The [SODIS website](#) for useful information on waterborne disease and the [PHAST Step-by-Step Guide](#): A participatory approach for the control of diarrheal disease. [SODIS Flipchart Posters](#), useful workshop materials and additional manuals for download.

PURPOSE

Goal of Workshop: [What Promoters will be able to do as a result of the lesson.](#)

The purpose of the workshop is to reinforce the importance of washing hands at key times of the day and to provide training in the proper way that it needs to be done.

Objective 1 All participants will understand why hand washing is important.

Objective 2 All will be know the proper method for hand washing and be comfortable doing it routinely in their homes.

Objective 3 All participants will successfully be able to continue doing it over the course of one year.

MATERIALS

- Artist's drawings/[posters](#); Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Posters/pictures of Henry the Hand's 4 Principles.
- Posters/pictures of Henry the Hand's Hand Washing Guide.
- [How-To cards](#) without written words for workshop participants to take home. Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Large sheets of newsprint and tape.
- Colored markers.
- Bars of soap.
- Fingernail brushes.
- Water containers of the kind used in the community for cleaning.
- A water source that is normal for the community – piped water with a faucet – or a barrel.
- Dry towels of a fabric typical/available to the community.
- Background materials on development activity for Promoters to keep.

BRIEF SUMMARY OF LESSON

Introduction:

Activity 1. Hand Washing Introduction

- Introductions. Ice Breaker: Sing a song or play a game.
- Tell the participants what they'll be able to do as a result of the lesson.
- Why do we wash our hands?
- When should we wash our hands?

Guided Practice:

Activity 2. Germ Activity.

Activity 3. How should we wash our hands?

Independent Practice:

Activity 4. Hand washing activity.

Activity 5. Role Playing

Workshop Conclusion, Follow-Up, Monitoring and Evaluation

Activity 6. Conclusion: Principles of Hand Awareness.

Activity 7. Conducting the first workshop.

Activity 8. Follow Up.

Activity 9. Monitoring and Evaluation.

[Participatory Needs Assessment](#)

Ask Promoters to reflect back on their training in Participatory Needs Assessments. Remind them that before beginning one of their workshops with End Users, a participatory needs assessment that signaled the viability of this activity for this community should have already been completed. If not, click on the link above.

BEGINNING OF LESSON:

INTRODUCTION

Activity 1. Hand Washing Introduction

Purpose

Introduce and explain what the purpose of hand washing is in relation to child health.

Time

60 minutes (including a 20 minute ice-breaker)

Materials

- Artist's drawings/[posters](#); Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Posters/pictures of Henry the Hand's 4 Principles.
- Posters/pictures of Henry the Hand's Hand Washing Guide.
- [How-To cards](#) without written words for workshop participants to take home. Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Large sheets of newsprint and tape.
- Colored markers.

What to do

Workshop Leader

1. Introduction to workshop: Tell the participants what they'll be able to do as a result of the lesson
2. Introductions
3. Ice Breaker: Sing a song or play a game.
4. Use practical examples of the why we wash our hands.

Germs (bacteria or virus) cause illness. Germs are tiny microorganisms that spread disease. The common cold is a virus. We don't see bacteria or virus like we see dirt, but they are there. (Show page with different types of germs identified.)

Germs are EVERYWHERE (point out where they may be; walls, floors, desktops, doorknobs, pencils, etc.). A sneeze is a blast of air that goes approximately 200 mph - it carries tiny bacteria or virus in a mist (droplets) and spreads everywhere.

When you feel a tiny tickle in your nose, it is a clue that you are going to sneeze and you can prepare for that sneeze. Use a handkerchief or tissue or sneeze into the crook of your elbow so germs don't float into the air or in your hand.

Hands can also pick up pathogens that cause diarrhea in the latrine, while defecating, by washing hands in infected water, by touching another person's hands, by touching the ground where someone has tracked fecal matter.

Hand washing with soap is the number one prevention against the spread of person-to-person infection. Hand washing reduces the spread of germs that cause diarrhea, respiratory illness, and skin infection.

5. Give an overview of when we should wash our hands.

Key elements to remember about handwashing:

- Use soap every time you wash your hands.
- How you wash your hands is just as important as when you wash them.
- Unwashed hands can transfer harmful microorganisms to other people.
- Discourage multiple people using the same water for hand washing; change the water between each person.
- Share the hand washing message with family, neighbors and friends.

When should you wash your hands?

- After going to the latrine.
- After cleaning a child's bottom or handling a child's stool.
- Before preparing or eating food.
- After handling uncooked foods such as raw meats, poultry or fish.
- After blowing your nose, coughing, or sneezing.
- After handling an animal or animal waste.
- After agricultural work.

- After children's play.
- Upon arriving home from school to prevent bringing germs from school into your home.
- After petting animals.
- After handling garbage.
- Before and after treating a cut or wound.
- Before and after feeding an infant or child.

6. Show the benefits of washing hands and a reduction in diarrhea.

Randomized control studies have shown that hand washing can reduce diarrhea in children in developing nations by between 30% and 47%.

Promoters:

Take 5 minutes to talk about what you do and don't understand, what you do and don't like.

Notes

GUIDED PRACTICE

Activity 2. Germ Activity

Purpose

Show one simple way that germs can get on one's hands – and be transmitted to another person.

Time

15 minutes

Materials

Drawings/Posters

What to do

Workshop Leader & Workshop Participants

DEMONSTRATION: Guided practice.

Sneeze into your hand and your hand now has the germ.

Open the door doorknob now has the germ.

Someone else touches the doorknob the germ is now on that person's hand.

That person touches their eyes, nose, or mouth – they have now contaminated themselves with the germ.

The germ is in their own system they become sick.

Promoters:

Take 5 minutes to talk about what you do and don't understand, what you do and don't like.

Notes

Activity 3. How should we wash our hands?

Purpose

Explain how you washing your hands is just as important as when you wash them.

Time

15 minutes

Materials

- Bars of soap
- Fingernail brushes

- Water containers of the kind used in the community for cleaning
- A water source that is normal for the community – piped water with a faucet – or a water barrel.
- Dry towels of a fabric typical to the community

What to do

Workshop Leader & Workshop Participants

DEMONSTRATION: Guided practice.

Hand washing is best learned through watching and doing.

Steps in proper hand washing technique:

- Place your hands together under water – warm water if possible.
- Treated water should be used for hand washing.
- Use Soap.
- Rub your hands together for at least 15-20 seconds. Wash all surfaces thoroughly, including wrists, palms, backs of hands, fingers, and under the fingernails.
- Clean the dirt from under your fingernails.
- Rinse hands well (leaving soap on your hands will lead to drying & cracking).
- Dry your hands completely with a clean towel.
- If no clean towel is available, air dry hands.

Notes

INDEPENDENT PRACTICE

Activity 4. Hand Washing Activity.

Purpose

To let participants work through the whole process themselves – and to reinforce what has been learned.

Time

30 minutes

Materials

- Bars of soap
- Fingernail brushes
- Water containers of the kind used in the community for cleaning
- A water source that is normal for the community – piped water with a faucet – or a barrel.
- Dry towels of a fabric typical to the community

What to do

Workshop Leader & Workshop Participants

Independent Practice:

1. Give each participant 2 bars of soap and two towels that they will be able to take home with them.
2. Demonstrate proper hand washing with each participant (step-by-step) – then ask them to do it while you coach them.
3. Give feedback and encouragement.
4. Workshop Leader should observe independent practice and make notes of common mistakes and positive solutions for the workshop conclusion.

Promoters:

Take 5 minutes to talk about what you do and don't understand, what you do and don't like.

Feedback

Notes

30 Minute Break

Activity 5. Role Playing.

Purpose

To let Promoters work through the whole demonstration themselves – and to reinforce what has been learned.

Time

2 Hours

Materials

- Artist's drawings/[posters](#); Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Posters/pictures of Henry the Hand's 4 Principles.
- Posters/pictures of Henry the Hand's Hand Washing Guide.
- [How-To cards](#) without written words for workshop participants to take home. Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Large sheets of newsprint and tape.
- Colored markers.
- Bars of soap.
- Fingernail brushes.
- Water containers of the kind used in the community for cleaning.
- A water source that is normal for the community – piped water with a faucet – or a barrel.
- Dry towels of a fabric typical/available to the community.

Role playing forms an important part of the training and is intended to establish confidence in the Promoters in using the tools and transmitting their knowledge on hand washing to the local community. The trainees are split into groups of about 4 people. One by one, each person gets the task to explain and demonstrate hand washing to the rest of the group. An important point of the role play is that the "Promoter" is confronted with the questions on hand washing and its application from the rest of the group, which he/she then will have to answer. Questions that cannot be answered during the role play are collected and discussed in the plenum.

In a second step, the "Promoters" conduct their first facilitation exercise in a nearby community. The first trainings to the local community are conducted under the supervision of the NGO Trainer.

CONCLUSION AND FOLLOW UP

Activity 6. Conclusion: Principles of Hand Awareness

Purpose

To reinforce what has been learned and to discuss common mistakes and positive solutions observed during independent practice.

Time

30 minutes

Materials

Drawings/Posters

What to do

Workshop Leader & Workshop Participants

1. Discuss and review what has been learned.
2. Discuss common mistakes and positive solutions observed during independent practice.

3. Reinforce the principles of Hand Awareness.

- WASH your hands when they are dirty and BEFORE eating.
- DO NOT cough into your hands.
- DO NOT sneeze into your hands.
- Above all, DO NOT put your fingers into your eyes, nose, or mouth.

Children learn by example. In a family or classroom situation, it is important for the parent/teacher to wash his/her hands before lunch and after using the restroom.

Promoter Feed Back:

Take 5 minutes to talk about what you do and don't understand, what you do and don't like.

Workshop Evaluation by Promoters.

A workshop evaluation form can answer a number of questions.

Did the participant achieve the goal of the workshop?

Could the workshop be improved to better meet cultural or practical needs?

Did the promoter do a good job?

Promoter Assessment/Evaluation: What the trainer will do to see if the workshop was taught effectively and that the Promoters have achieved the goal of the workshop.

- Watch faces.
- Ask questions.
- Listen carefully to group discussions; is everyone participating in the discussion?
- Analyze common mistakes and positive solutions observed during independent practice

Notes:

After the formal training, each Promoter should receive enough bars of soap and clean towels to begin conducting workshops. This allows the trainee to immediately start with teaching the hand washing method and to use the immediate impact of the training provided.

Activity 7. Conducting the first Workshop.

Purpose

To let Promoters work through the whole demonstration themselves – and to reinforce what has been learned.

Time

4 hours

Materials

- Artist's drawings/[posters](#); Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Posters/pictures of Henry the Hand's 4 Principles.
- Posters/pictures of Henry the Hand's Hand Washing Guide.
- [How-To cards](#) without written words for workshop participants to take home. Make sure that the scenes and people they contain will appear familiar to the community members participating in the workshop.
- Large sheets of newsprint and tape.
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- Bars of soap.
- Fingernail brushes.
- Water containers of the kind used in the community for cleaning.
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- Dry towels of a fabric typical/available to the community.

Activity 8. Follow Up.

Purpose

To ensure that Promoters will successfully be able to continue hand washing over the course of one year.

Time

Materials

What to do

Workshop Leader & Workshop Participants

Workshop Visits

The most important tool for supporting the Promoter is for the Trainer to observe workshops and participate in the Promoters follow up activities once per week during the first month after the training, later once per month for exchange of experiences. It is important that an individual contact and relation of trust is established between the Promoter and the Trainer.

Household Visits

It is important that individual contact and relation of trust is established between the promoter and the user. The most important tool for maintaining contact is the household visit.

During the first month after the training, the households are visited once each week. Then the users are visited once each month during the first year of practice. One promoter should be available for the support and monitoring of about 30 households.

Activity 9. Monitoring and Evaluation

Purpose

To ensure that promoters will successfully be able to monitor and evaluate the results of hand washing in the daily lives of End-Users.

Time

Materials

What to do

Workshop Leader & Workshop Participants

1. Monitoring and Evaluation of workshop application of hand washing.

Tools for monitoring: Questionnaire, Pocket Voting Tool, Community gatherings, Observation

What kind of indicators should be monitored?

- Are the participants continuing to wash their hands in their daily lives? Y/N?
- Number of users
- Correct application
- Diarrhea incidence

The first set of data on the health status should be collected before the projects starts. A questionnaire for assessing the health impact in projects can be downloaded from: <http://www.sodis.ch/Text2002/T-Projects.htm>.

GENERAL NOTES

Provide a first training to the Promoters and a second refresher training, shortly before the community training in the villages starts. During the first training in the community, the Promoters should be accompanied by the NGO trainer. Every month the Promoters meet with the NGO trainer for exchange of experience and discussion.

Requirements for Promoters:

- The Promoters need to have a clear understanding of the correct application of hand washing procedures.
- The Promoters need to be aware about the role of hygienic behavior, sanitation and water treatment in the prevention of diarrhea.
- The Promoters use hand washing in their homes.
- The Promoters need to be skilled in the use of community education tools.
- The Promoters should be able to talk and explain well in front of other people, but also have to capacity to listen when other speak.
- The Promoters have a personality that creates trust.
- The Promoters originate from the same cultural background as the local population and speak their language.
- The Promoters have to be carefully supervised during their work in the communities to evaluate their motivation and capability.
- The Promoters are aware that behavior changes in the community take much time and require careful backstopping.