Our Mission
We are Christians committed to ending the global water and sanitation crisis, one village at a time.

Our Vision
Safe water for every child. A healthy home for each family. The love of Christ for all.
Copyright

This training material is published by Lifewater, Inc. under the open content copyright provisions and its license is available under the Creative Commons Attribution-Noncommercial-Share Alike 3.0 United States License on the website: http://creativecommons.org/licenses/by-nc-sa/3.0/ - or- through sending a letter to Creative Commons, 171 Second Street, Suite 300, San Francisco, California, 94105 USA.

Attribution Non-Commercial Share Alike

You are free:

• To Share - copy, distribute and transmit the work
• To Remix - to adapt and/or translate the work

Under the following conditions:

• Attribution - you must maintain Lifewater’s name branding in the footer for all new creations and/or derivatives (but not indicate Lifewater’s endorsement of you or your use of the work, unless specified in a partnership agreement)
• Non-commercial - you may not use this work for commercial purposes
• Share-alike - if you alter, transform, or build upon this work, you may distribute the resulting work only under the same or similar license as this one

DISCLAIMER- Lifewater International and its directors, employees, contractors, and volunteers do not assume any liability for and make no warranty with respect to the results obtained from the use of the information provided.

Please contact Lifewater International to share how you have used this manual: info@lifewater.org.
Training Guidelines

Purpose of the Manual:
People rarely change long-formed habits on a whim. Rather, changes are most often made through a blend of personal and group pressures or expectations developed over time until a critical decision point is reached. Each lesson in this manual provides structure for a conversation with a group of community members in order to discuss motivations, fears, challenges, and opportunities involved in improving health through water, sanitation, and hygiene behaviors. This manual seeks to provide a forum for increasing communities' desire to improve their health, and provide simple, immediate steps to reach this goal.

This manual is based on principles of participatory learning. The lessons are designed to guide people to understand underlying concepts tied to concrete actions rather than memorize facts by rote. Facilitators are encouraged to lead discussions that give participants an opportunity to consider the issues at hand and allow community members to create solutions to the problems they encounter in their environment.

Target Audience:
The lessons are designed to be facilitated by individuals, government agencies, or organizations working with rural communities to improve water, sanitation, and hygiene.

Structure of the Manual:
The manual comprises thirteen lessons, each of which includes a game or fun activity, a discussion prompt, relevant Bible verse, and an action-oriented brainstorming session. Instructors are provided with the key message and accompanying posters for each lesson. Lessons may be taught in any order. The final four lessons are part of a "Healthy Ladies" section designed for discussions with women.

Lesson length: 30 minutes – 1 hour
Number of lessons: 13
Ideal group size: 10-40 community members; not designed for young children
## Table of Contents

- Community Conversation Guidelines ........................................................................................................................................... 4
- Healthy Homes ................................................................................................................................................................................. 5
- Latrines ............................................................................................................................................................................................. 10
- Handwashing .................................................................................................................................................................................. 16
- Clean Water ...................................................................................................................................................................................... 25
- Water Containers .............................................................................................................................................................................. 32
- Drying Racks .................................................................................................................................................................................... 41
- Clean Compounds ............................................................................................................................................................................ 45
- Healthy Animals .............................................................................................................................................................................. 51
- Diarrhea Care and Treatment ......................................................................................................................................................... 53
- Menstrual Hygiene Management .................................................................................................................................................... 56
- Breastfeeding .................................................................................................................................................................................... 58
- Handwashing for Loving Mothers ..................................................................................................................................................... 62
- Healthy Children .............................................................................................................................................................................. 65
Community Conversation Guidelines

Set Up

- Decide on a location for the Community Conversation. Consider the following factors:
  - Easy for all households to access, especially vulnerable people
  - Culturally acceptable
  - Near a latrine and safe water, if possible
- For each Community Conversation, bring with you:
  - Posters from the Poster Set that relate to the lesson
  - Practical items to demonstrate each lesson (examples: tippy taps, plastic drying racks)
- Always have:
  - A place for handwashing with soap and water
  - A place where dishes can be washed and put on a drying rack
  - Safe water (from an improved source or properly treated) and clean cups for people to drink if they are thirsty while participating
  - An improved latrine nearby for people to use

During Community Conversation

- If anyone eats a snack, make sure everyone (even children) wash their hands with soap and water
- After the snacks are finished, have everyone help wash dishes and place on the drying rack
Healthy Homes

Key Message: “Healthy homes are clean and prevent disease”

1. **Game: “Healthy Home”**
   Two people stand facing away from each other.
   On the count of three, they turn around and immediately do one of the actions below.
   - “Clean Water”: Person pretends to drink cup of water
   - “Latrine”: Person pretends to squat like in a latrine
   - “Handwashing”: Person pretends to rub hands together like washing hands

   *Finding the winner: Clean water beats handwashing; handwashing beats latrine; latrine beats clean water.*

2. **Learning activity: Discuss the Feces Diagram**
   *Show the Feces Pathways Diagram (F-Diagram) and ask:*
   - Where do you see the feces going?
   - What are the different ways feces in a field or in water can get into our mouths?
   - Do you think diseases are spreading in this community in any of these ways? If so, why?
   - What are ways this community is stopping the spread of disease?

   *Discuss the various disease pathways:*
   - Feces gets on our hands after defecation. When we eat without washing our hands with soap, we eat feces.
   - Flies land on feces that is in the open. When they land on our food, we eat feces.
   - Feces in crop fields gets on plants. When we eat without washing or boiling food, we eat feces.
   - Animals step in feces and spread feces around home compounds. When we don’t pen animals, we live surrounded by feces.
   - Feces from humans and animals gets into ponds and rivers. When we don’t boil river water, we drink feces.
   - **Healthy Homes** 1) have an improved latrine, 2) use a proper handwashing device, 3) drink safe water, 4) store water safely, 5) use a drying rack, and 6) keep the compound clean.
   - These 6 things prevent diseases in children and households.
3. **Bible Verse**

“Love your neighbor as yourself. Love does no harm to its neighbor.” - Romans 13:9-10

*Ask:*

- Are there ways we might be spreading disease to our neighbors?
- What are ways we can show love to our neighbors?

4. **Group Decision:**

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and the date they will do it.

*Ask:*

- What are ways disease is still spreading in this community?
- What is one change you can commit to as an entire group?
Poster Set: F-Diagram
Healthy Home

1: Latrine
2: Handwashing station
3: Safe water
4: Safe water storage
5: Drying rack
6: Clean compound
Latrines

Key Message: “A home is not complete if it does not have a latrine for health, pride, and dignity”

1. **Game: “Telephone”**
   Everyone stands in a circle. Facilitator whispers into the ear of the person next to him/her so that only that one person can hear. Whisper this message:
   - “A home is not complete if it does not have a latrine for health, pride, and dignity”

   Each person, one at a time, whispers the message they heard to their neighbor. No one can ask to have the message repeated. The last person says the message they heard out loud for all to hear. The first person then reveals what the actual message was. The message usually changes as it is passed along.

2. **Learning activity: Guest speaker and poster**
   *Have someone with a good latrine share about how they made the latrine and why they like having a latrine.*

   **Ask:**
   - Is open defecation still occurring in this community? If so, why?
   - What are ways this community is preventing open defecation?

   **Discuss:**
   - Homes without latrines are shameful, unloving, and dirty
     - Other people may see you defecating or see the feces you left; defecating outside is shameful
     - Open defecation spreads diseases to others, especially children; defecating outside of a latrine is unloving
     - Feces smells bad and attracts flies, insects, and animals; not having a latrine makes a compound dirty
   - People with latrines can be proud of their cleanliness and how they love their family, guests, and neighbors
     - Latrines ensure compounds to smell good and have few flies; latrines are clean
     - Latrines provide health, dignity, and privacy for you, your children, and your guests
     - Sprinkle ash in the latrine to further reduce smell and flies
     - Sprinkle ash around slab, wait a few minutes, then sweep into the pit in order to keep the slab clean
     - Use a pit cover to prevent flies from spreading disease and causing disturbance
3. **Bible Verse**

“Choose a place outside the camp where you can go to the toilet. Keep a shovel among your tools. When you go to the toilet, dig a hole. Then cover up your waste. The Lord your God walks around in your camp. He’s there to keep you safe... So your camp must be holy. Then he won’t see anything among you that is shameful. He won’t turn away from you.” -Deuteronomy 23:12-14

*Ask:*

- Why does God care about our sanitation practices?
- What does God say that he does not want to see?
- Why do you think God says it is important to cover our waste?

4. **Group Decision:**

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

*Ask:*

- What are ways you could improve the latrines?
- What is one change you can commit to as an entire group?
Latrine with Dignity

Latrines are not shared with other homes and provide safety and privacy

- **Door** provides complete privacy
- **Pit cover** is tight-fitting and does not allow flies through the pit hole
- **Roof** keeps rain out
- **Vent** allows light and airflow
- **Walls** provide complete privacy and are tall enough for adults to be comfortable
- **Slab** is strong, has no cracks, and is easy to clean
- **Small dirt mound** prevents rainwater from collecting to weaken the latrine
Latrines can be large, comfortable, and clean
Latrines can look different
A Latrine with Dignity has 5 Parts

1. **Walls** that provide complete privacy
2. **Roof** to protect from the rain and sun
3. **Door** to provide privacy
4. **Slab** to prevent contact with feces which is easy to clean
5. **Pit cover** to reduce flies and smell
Handwashing

Key Message: “Healthy families wash their hands to be clean and strong”

1. **Game: “Glitter Germs”**
   One person covers their hands in glitter (or charcoal). Everyone then walks around shaking each other’s hands, including the person with glitter/charcoal. After a few minutes, have everyone look at their hands and see how dirty they are.
   - Ask: “If one person doesn’t wash their hands after defecating and has feces on their hands, how does that impact others?”
   - Have people rinse their hands with water only. Does this get the glitter or charcoal off? Usually not much.
   - Then have people wash their hands with soap and water. Does this get the glitter or charcoal off? Usually almost everything.

2. **Learning activity: Handwashing Device and Poster**
   *Show the posters and ask:*
   - What do you like about these devices people use to wash hands?
   - What is preventing people from washing their hands?

   **Discuss:**
   - People can wash their hands with many different types of devices
   - Families can have different types of devices, but all devices should have soap and water available
   - It is rude and dirty to eat or serve food without washing hands first
   - Handwashing prevents disease and can help families save money on medicines and health facilities
   - Water alone does not get the feces off, only soap or ash can do that
3. **Bible Verse**

   God says: “Wash yourselves; make yourselves clean; remove the evil of your deeds from before my eyes; cease to do evil, learn to do good, seek justice, correct oppression” – Isaiah 1:16-17

   **Ask:**
   - God says that he does not like things that are unclean, both germs and sin. God wants us to be physically and spiritually healthy and clean. We wash our hands to remove dirt and germs on our hands so that we do not get sick; how can we “make ourselves clean” spiritually?
   - What are specific ways we can seek justice and correct oppression?

4. **Group Decision:**

   Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

   **Ask:**
   - How can you improve washing hands with soap/ash and water?
   - What is one change you can commit to as an entire group?
Proper Handwashing Device

A handwashing device has soap and water and is located near latrines and kitchens

- Water
- Soap or ash
- Does not reuse or recycle water
- Near latrine and near kitchen
- Can be purchased or self-made
Tippy Taps can be placed near the kitchen and near the latrine.

A soak pit underneath the tippy tap prevents mud.
Steps to Make a Tippy Tap

1. Pierce a hole on top of the jug handle.
2. Turn the jug around so that you are facing the opposite side from the handle.
3. Pierce a hole in the jug on the opposite side of the handle.
4. Hang the jug from a stick by the handle.
5. Thread a string through a piece of soap and hang that from the stick.
6. Tie a string around the neck of the bottle and make a loop at the end of the string large enough to slide your wrist through.
7. Fill the tippy tap with water and pull the loop to begin washing hands.
1. Get your hands wet
2. Add soap or ash
3. Scrub hands together for 20 seconds, clean between fingers and under nails
4. Rinse the soap/ash off your hands
5. Shake your hands in the air to dry
Wash Hands with Soap and Water After Defecating
Wash Hands with Soap and Water Before Eating
Clean Water

Key Message: “Clean water saves money and improves health. Clean water comes from a safe source or from boiling”

1. Game: “Rainstorm”
Everyone sits in a circle. No one is allowed to do an action until they see the person on their left do the action first, then they may begin. Everyone continues doing the same action until they see the person on their left change. Make a “rainstorm” by doing the following actions, each one started by the facilitator and then going around the circle.

Rub hands together - Pat lap - Clap hands - Clap hands and stomp feet - Clap hands only - Pat lap - Rub hands together

2. Learning activity: Poster and discussion
Show the 2 posters: 1) Safe Water Sources and 2) Unprotected Water Sources
Ask:

- What are the differences between clean and dirty water sources?
- Which sources look the most clean and are the least shameful to drink from?
- Is the water people are drinking in this community safe or making them sick?

Discuss:

- What is this community doing to make drinking water safer?
- Streams and open wells often have feces, bugs, and parasites that can make us sick
- It is shameful to share a water source with animals – humans drink protected water or boiled water for health and dignity
- Boiling water shows guests and family members that you love them and want them to be healthy
- Boiling water can make water clean (show poster How to Boil Water)
Community WASH Conversations

3. Bible Verse

“Jesus answered, ‘Everyone who drinks this water will be thirsty again. But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life.’” -John 4:13-14

**Ask:**
- What does it feel like to be extremely thirsty?
- In what ways does Jesus remove our thirst?
- What can we do to obey God?

4. Group Decision:

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

**Ask:**
- What are ways you could make water even safer and cleaner?
- What is one change you can commit to as an entire group?
Community WASH Conversations

Prepare Dirty Water for Boiling

If your water looks very dirty and is not clear, do the following steps before boiling:

1. Let the water sit covered for one day
2. The dirt will settle to the bottom of the container
3. After 1 day, pour the water into the pot for boiling, keeping the dirt at the bottom from going into the pot

(If your water is clear and does not look very dirty, you do not need to do this step and can go directly to boiling.)
How to Boil Water

1. Fill a pot with clear water and place on stove or fire.

2. Heat the pot over a fire and wait until you see large bubbles coming to the top of the water.

3. Wait one minute while the water continues boiling and bubbling.

4. Remove water from heat and let water cool.

5. Water is safe to drink!
Safe Drinking Water

Drink water from a safe source  or  Treat water to make it safe

- Drilled well
- Protected spring
- Protected rainwater tank

- Let dirt settle in covered container
- Boil water for 1 minute (60 seconds)
Dirty Water Sources

- River
- Pond/Dug well
- Lake
- Unprotected spring
Protected Water Sources
Water Containers

Key Message: “Healthy homes have good water containers that are easy to use”

1. Game: “Tasty Water”

Everyone sits in a circle in chairs with no extra chairs, or stands in a circle on top of an “x” drawn in dirt. The facilitator stands in the middle of the circle. The facilitator assigns each person one of the following names: “Clean”, “Covered”, or “Small Mouth”.

When the person in the middle yells one of those three names, everyone with that name must find a new place (a new “x” or a new chair). While they move, the facilitator steals an empty spot so someone else cannot find a place and must remain in the middle. That person then calls another name. The person in the middle may also yell “Tasty Water” so that everyone must change places.

2. Learning activity: Poster and discussion

Demonstrate the difference between water storage containers. Bring a jerry can with a lid, another jerry can without a lid, and a wide-mouthed container without a lid. Ask for a volunteer (or a few volunteers). The volunteer(s) should try to throw small stones into any of the three containers. The rocks represent germs.

**After they finish, ask:**

- Which of the containers is the easiest for germs to get into? Which one is the most difficult?
- Which method of filling cups may have contaminated the water with dirty things?
- Which water container looks cleanest?

**Then ask:**

- What do the water storage containers in this community look like?
- What is this community doing to keep drinking water safe during storage at homes?
- How can water be contaminated after it is fetched?

**Discuss:**

- Good, proper water containers have small mouths and are kept covered (mouths are narrower than 3 fingers)
- Containers with small mouths and lids keep dirty things out and reduce the risk of disease
- Clean water belongs in clean containers
• To clean a container, wash the inside with soap and water every week, or drop a few rocks in with a little water and shake well until and green or black disappears

3. **Bible Verse**

   Jesus said “No one tears a piece out of new cloths to patch old ones... No one pours new wine into old wineskins... new wine must be poured into new wineskins.” -John 4:13-14.

   Jesus uses these stories to explain that the old way of doing things was no longer appropriate, now that Jesus had come to bring salvation. Just as new wine should not be poured into old wineskins, Jesus taught that old rituals and practices should not be done anymore. We can also consider Jesus’ wisdom in our own lives.

   **Ask:**
   - Are there old ways of doing things that should no longer be done?
   - Does it make sense to put clean, safe water into dirty containers?
   - What can we do to obey God today?

4. **Group Decision:**

   Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

   **Ask:**
   - What is one change you can commit to as an entire group?
Safe Water Storage

Store water in clean, covered, and narrow-mouth containers

- Tight fitting lid
- Mouth is smaller than 3 fingers
- Clean inside and outside
Safe Water Chain

Water Access → Transportation → Storage → Use

Community WASH Conversations
Clean Water Storage

Clean and Covered Containers with Small Mouths
Dirty Water Storage

Dirty, Uncovered, or Large Mouth Containers
Dirty Water Containers

Dirt has germs in it that make people sick.

Dirt builds up over time in water containers that are not washed regularly.
Dirty Water Containers with Algae

Algae can make people sick and cause skin problems. Algae grows in water containers that are not washed regularly.
How to Clean a Jerry can

1. Pour clean and soapy water into container (if no soap, use rocks and water)

2. Put on lid and shake for one minute

3. Pour soapy water out, then rinse it with non-soapy water
Drying Racks

Key Message: “Drying racks keep dishes neat and clean”

1. **Game: “Human Drying Rack”**
   Have a race with “human drying racks”. Start by dividing everyone into groups of three people. Two people in each group will make a “human drying rack” with their arms. The third person will be the “dish” that sits on top of the drying rack. Groups race from a starting line to a finish line in this way. If the “dish” falls off the “drying rack” they have to go back to the start line. Fastest team wins.

2. **Learning activity: Demonstration and discussion**
   Bring a wooden drying rack (if possible, also show people a plastic or metal drying rack). Make sure the drying racks are placed high off the ground so animals cannot get to the dishes.

   *Show people the drying rack and ask:*
   - Where do people most often dry dishes in this community?
   - What do you like about this drying rack?
   - Why would this drying rack be good for a family to have?
   - Have you ever seen a drying rack in the market? Where? How much did it cost?
   - What supplies would you need to make your own drying rack?

   *Explain:*
   - Drying racks are clean and beautiful
   - Drying racks keep homes looking nice, clean, and organized
   - Drying racks can look different; they can be made of wood, plastic, metal, or other materials
   - Drying racks should be high off the ground so that dirty animals cannot ruin clean, beautiful dishes
   - Drying racks are a sign of a model home
3. Bible Verse

“God is not a God of disorder. He is a God of peace” – 1 Corinthians 14:33

Ask:

- Why do you think God loves order and peace, not disorder and conflict?
- Do you think God cares about peace and order in our homes and communities? Why or why not?
- How can we honor the God of peace in the way we take care of our compounds and community areas?

4. Group Decision

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

Ask:

- What is one action you will commit to as a whole group to store dishes in a clean and orderly place?
Drying Rack

Store dishes on a drying rack that protects from dust and animals

- Multiple levels for dirty and clean dishes
- Soak pit to prevent mud and flies
- Handwashing device
- Near latrine and near kitchen
- Can be purchased or self-made
Drying racks with soak pits, washing platforms, and tippy taps
Clean Compounds

Key Message: “Healthy homes are clean and free from rubbish”

1. **Game: “Cleanest Compound”**
   Compete to see who can “clean the compound” the best. Scatter many balls made of rolled paper around a small area. Break people into small teams (2-4 people). Each team has a bucket or can laying sideways on the ground. Each person on the team has a broom. When the game begins, each person tries to sweep as many balls into their team’s bucket as possible. Give teams approximately 1 minute or until the compound is clean then call “stop!”. The team with the most balls wins.

2. **Learning activity: Posters and discussion**
   *Compare posters of dirty compounds and clean compounds and ask:*
   - What differences do people notice?
   - How do the compounds in this community look?
   - What do people do with their rubbish? Why?
   - Would people rather live in a dirty or clean compound?
   - (Show Trash Disposal poster) Which trash disposal method do you like best – the small bin, the large bin, or the dug pit?

   *Explain:*
   - Clean compounds are beautiful
   - Clean compounds smell nice and are a sign of a hardworking family
   - Clean compounds make people proud to have visitors and make guests want to come visit

*Bring examples of brooms and trash bins!*
3. Bible Verse
In Revelation, God describes what the city of God will look like at end times, when all things have been restored. The city is described as honorable, beautiful, bright, and clean.

“But nothing unclean will ever enter it, nor anyone who does what is detestable or false, but only those who are written in the Lamb’s book of life.” –Revelation 21:27

Ask:
- How can we make our community more like this description?
- Why do you think God likes honorable, beautiful, and clean things?
- Do you think God cares about the cleanliness of your compound?
- How can you honor glorify God in the way you keep your compound?

4. Group Decision
Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

Ask:
- What is one action you will commit to as a whole group to keep your compounds clean?
Clean Compound

Store dishes on a drying rack that protects from dust and animals

- Beautiful
- Swept
- Cleared
- Rubbish in pit/bin
- Feces in latrine
- Animals penned
- Dishes on rack
A Beautiful, Swept Compound
A Dirty, Not Swept Compound
Community WASH Conversations

Trash Disposal

Rubbish Bin

Pit with Fence
Healthy Animals

Key Message: “Healthy homes have animal pens to protect animals and keep compounds clean”

Bring a few packets of ORS from a clinic!

1. **Game: “Pen the Animal”**
The facilitator gives each person - even children - a piece of paper. Everyone draws their favorite animal on the paper. Everyone then makes a ball with their piece of paper. After everyone is standing in a line some distance away, the facilitator lays a new piece of paper on the ground. This is the animal pen. One at a time, each person tries to toss their animal into the pen. The closest person to the middle of the animal pen wins.

2. **Learning activity: Posters and discussion**
Show the 2 posters of an animal pen and a home with no animal pen.

Ask:

- Which home do you think is cleaner?
- Which home do you think has more feces around the compound?
- Does this community have animal feces around?
- How do people try to prevent animal feces from spreading disease in this community?

*Discuss the benefits of keeping animals in a pen instead of letting them be free to walk around the compound and defecate anywhere. Explain:*

- Healthy homes have pens for the animals because living together with dirty animals is gross and shameful
- Healthy families care for animals by giving them a special place to stay
- Proud parents do not let children play where there is feces on the ground
- Guests enjoy homes that do not smell like poop and do not have poop visible
3. **Bible Verse**

In Deuteronomy, the Lord tells the nation of Israel that he does not want to see feces around their compound. He says,

“For the Lord your God moves about in your camp to protect you and to deliver your enemies to you. Your camp must be holy, so that he will not see among you anything indecent and turn away from you.” – Deuteronomy 23:14

**Ask:**

- Why are animal feces dangerous and unclean?
- How can you honor glorify God in the way you keep your compound?

4. **Group Decision**

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

**Ask:**

- What is one action you will commit to as a whole group to keep your compounds clean of animal feces?
Diarrhea Care and Treatment

Key Message: “Save lives by giving people with diarrhea Oral Rehydration Solution”

1. Game: “Draw This”
Divide participants into 2-4 groups, depending how many people are present. Ask each group to send a representative to the front. Give each representative a paper and marker. Whisper to them the name of an object, such as a tippy tap, which they must draw. All teams begin at once and the first team to correctly guess the object being drawn wins the game. If time allows, have teams send a second or third representative and give them new paper and a new object to draw.

2. Learning activity: Demonstration and discussion
Demonstrate how to make Oral Rehydration Solution (ORS) and let people taste it.

Ask:

- What do people do for those with severe diarrhea?
- How do people try to prevent dehydration due to diarrhea?

Discuss:

- Give people with diarrhea an ORS packet from the local health worker or clinic
- Children can die due to dehydration from diarrhea
- ORS during and after diarrhea keeps children healthy and strong
- When people are sick with diarrhea, be sure to give them extra clean water and continue offering food

3. Bible Verse
“Then the King will...say, ...I was hungry, and you gave me something to eat. I was thirsty and you gave me something to drink... I was sick and you took care of me. ...Then the people who have done what is right will answer Him. ‘Lord’, they will ask, ‘when did we see you hungry and feed you? When did we see you thirsty and give you something to drink? When did we see you sick...?’ The King will reply, ‘What I’m about to tell you is true. Anything you did for one of the least important of these brothers and sisters of mine, you did for me.’” -Matthew 25:34-40
Ask:
- How can we serve God by caring for people in need?

4. **Group Decision:**
Give the community time to decide if they will commit to any action.

Encourage people to be very specific about what they will do and by what day.

*Ask:*
- How can you commit to protecting those most vulnerable to dehydration and death?
Lessons for Healthy Ladies
Menstrual Hygiene Management

Key Message: “Menstruation is normal and women can stay clean and smart”

1. **Game: “Don’t Look”**
   Everyone stands in a circle and puts their head down, looking at the ground. When the facilitator counts to three, everyone looks up quickly and stares at one other person. If any two people are looking back at each other, they yell and jump out of the circle. Continue until there are 2 or 4 women remaining. They are the winners.

2. **Learning activity: Discussion**
   **Ask:**
   - What are some traditional beliefs about menstruation?
   - Who in this community teaches about menstruation?
   - How do girls learn how to stay clean during menstruation?
   - When women are menstruating, are they allowed full participation in family or community life?

   **Explain:**
   - Menstruation is a normal part of life and is nothing to be ashamed about
   - Men can help women with menstruation by being supportive and loving
   - Healthy women stay clean and beautiful during menstruation
   - Washing genitals with soap and water, especially during menstruation, keeps women smelling good and feeling beautiful
   - Healthy women are prepared for menstruation by keeping reusable menstrual pads in a private and clean place
   - Healthy women stay comfortable by washing used cloths and drying them in the sun

Invite a nurse or midwife to share their wisdom related to breastfeeding and feeding infants!
3. Bible Verse

“Carry one another’s heavy loads. If you do, you will fulfill the law of Christ.” – Galatians 6:2

Ask:

- How can men help carry women’s burdens?
- How can we improve the lives of the next generation of females during their menstruation?

4. Group Decision

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

Ask:

- What is one action you can commit to in order to be more supportive of girls and women during menstruation?
Breastfeeding

Key Message: “Breastmilk keeps babies strong and healthy”

1. **Fun game: Mother and Baby**
   Break people into groups of two (pairs). One person is the mother and one is the baby. The baby is blindfolded with a cloth, or must cover her eyes with her hands. The "mother" must help the "baby" walk a certain path by using words only, not touching. For example, the "mother" must teach the "baby" to walk around the outside of the house. She tells the "baby" how many steps to take, what obstacles to watch out for, and when to turn left or right.

2. **Learning activity: Discussion**
   Ask:
   - How many months do women in your community breastfeed babies?
   - When do babies begin eating food and drinking water in addition to breastmilk?

   Discuss the following benefits of breastfeeding:
   - Mothers should breastfeed their babies to make them strong, healthy, and smart
   - Mothers should not give their babies anything besides their own breastmilk for the first 6 months
   - When their babies are sick, mothers should help their babies recover by increasing breastfeeding
   - Breastfeed immediately after a baby is born
   - Breastmilk is good and safe for babies
   - Do not give babies tea, honey, water, food, goat milk, or cow milk – these can make babies sick

3. **Bible Verse**
   “Children are a gift from the Lord. They are a reward from Him.” –Psalm 127:3
   Ask:
   - How can we love and protect children, since they are gifts from God?
   - How does breastfeeding a child help protect him or her?
4. Group Decision

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

Ask:

- What is one action you can commit to in order to spread truth about breastfeeding?
Healthy Babies

Key Message: “Healthy babies have safe, clean places to play”

Bring different examples of local bring mats or blankets!

1. Activity: Baby F-Diagram

Show the women the F-Diagram used in previous lessons. Ask women to identify ways that diseases can spread to babies.

2. Learning activity: Discussion

Show women examples of good play areas, such as a blanket/mat on the ground. Alternatively, ask two women ahead of time to prepare a good place for babies to play (clean, no feces, no dirt) and a bad place for babies to play (feces, dirty, animals). Discuss how babies could get sick when they put things in their mouths that are not clean.

Ask:

- Describe the areas where babies and young children play in this community.
- How do people in this community try to keep the areas children play safe and clean?

Explain:

- Healthy babies have special places to play which have no feces, dirt, or trash
- Babies like to put things in their mouths as a way to learn about the world around them
- When babies play where chickens and other animals walk, the babies will get sick from the feces
- Babies growing up in clean environments grow up to be strong and smart

3. Bible Verse

“Listen to advice and accept correction. In the end you will be counted among those who are wise.” —Proverbs 19:20

Ask:

- How can we use the wisdom and advice we have discussed to protect children and keep them strong and healthy?
4. **Group Decision**

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

*Ask:*

- How might the places where children play be dangerous or spreading disease?
- What is one action you can commit to in order to provide safe places for babies and young children?
1. **Game: “Clean Hands”**
Invite one volunteer from among the participants to join you up front, without explaining what you are going to do. Stand next to her so that everyone can see you and the volunteer. Simulate a violent coughing fit, covering your mouth with your hand. Then offer with that same hand to shake hands with the volunteer.

Ask:
- Would anyone let this person feed your baby with these hands?
- What could be on these hands that could harm the baby?

2. **Learning activity:**
Ask:
- When do mothers wash their hands in this community?
- How do mothers try to avoid spreading germs and diseases to their children and families?

Discuss:
- Loving mothers wash their hands with soap and water for beautiful hands
- Loving mothers stay clean and healthy by washing hands after cleaning a baby’s bottom
- Loving mothers keep their babies healthy and strong by washing hands before feeding
- Baby feces is very dangerous and can make people sick. Baby poop has even more germs that make people sick than poop from an adult.

3. **Bible Verse**
“Teach children how they should live, and they will remember it all their lives.” – Proverbs 22:6
Ask:

- How does the handwashing behavior of mothers impact the health of their children when they are young?
- How does the handwashing behavior demonstrated by mothers impact the behavior of their children when they grow up?

4. Group Decision
Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

Ask:

- What are common times that mothers may be spreading germs and diseases to their children and families?
- What is one action you can commit to in order to encourage handwashing by mothers?
When Mothers Wash Hands

1. Before cooking food

2. After cleaning a baby’s bottom
Healthy Children

Key Message: “Healthy children are strong and smart”

1. Game: “Healthy Home”
   This is the same game as played in the first lesson. Two people stand with facing away from each other. On the count of three, they turn around and immediately do one of the actions below.
   - “Clean Water”: Person pretends to drink cup of water
   - “Latrine”: Person pretends to squat like in a latrine
   - “Handwashing”: Person pretends to rub hands together like washing hands
   Finding the winner: Clean water beats handwashing; handwashing beats latrine; latrine beats clean water.

2. Learning activity: Discussion and Quiz
   Ask:
   - What do you think a diarrhea feels like? (ask the same question for worms, cold, flu, and cough)
   - How do you think you prevent diarrhea? (ask question for worms, cold, flu, and cough)
   - What diseases are common in this community among young children (under age 5)?
   - What do people do to prevent the spread of disease?

Include the symptoms and ways to prevent diseases listed below. After a discussion, quiz women as a group to see if they can remember the right way to prevent the disease. Call out a disease from the list below and have them act out how to prevent it. Continue until everyone is correct. Show posters with disease blocking.

- **Diarrhea**: Symptom - watery feces, frequent defecation, stomach cramps
  To prevent diarrhea: drink clean water + use a latrine + wash hands

- **Worms**: Symptoms - stomach cramps, large belly, weight loss
  To prevent worms: drink clean water + use a latrine + wash hands

- **Cold**: Symptoms - headache, runny nose, sore throat
  To prevent a cold: wash hands

- **Flu**: Symptoms - nausea, headache, runny nose, fever, sore throat
  To prevent the flu: wash hands

- **Cough**: Symptoms - coughing and difficult taking deep breaths
  To prevent a cough: wash hands
3. **Bible Verse**

“So eat and drink and do everything else for the glory of God.” – 1 Corinthians 10:31

*Ask:*

- What does it mean to do everything for the glory of God?
- What are some things we’ve discussed today which we can do to give glory to God?

4. **Group Decision**

Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

*Ask:*

- What is one action you can commit to as a whole group to stop the spread of WASH-related diseases?
Prevent worms by

Drinking safe water

Using a latrine

Washing hands with soap and water
Prevent a cold by
Washing hands
with soap and water
Prevent a flu by
Washing hands
with soap and water
Prevent a cough by
Washing hands
with soap and water
Prevent diarrhea by

**Drinking safe water**

**Using a latrine**

**Washing hands with soap and water**
How to Keep Children Strong, Smart, and Healthy

1. Teach children to always use latrines

2. Teach children to always drink safe water

3. Teach children to always wash their hands with soap and water
Community
WASH
Conversation
Guidebook
Poster Set

Printing instructions:

- Print separately from Community WASH Conversation Guidebook
- Do not bind pages together
- Use the following print settings
  - fit
  - single-sided
  - color (optional)
- Optional: Turn any of the images or pages of the Community WASH Conversation Guidebook into large posters. Suitable especially for large groups.