

# Community WASH Conversations

Guidebook for Facilitating Participatory WASH Lessons





## Our Mission

We are Christians providing access to safe water, and improved sanitation and hygiene, one village at a time.

## Our Vision

Safe water for every child. A healthy home for every family. The love of Christ for all.



## Community Conversations

Revised March 2022

Lifewater, Inc. (dba Lifewater International) is a Christian development organization dedicated to effectively and sustainably partnering with communities for integrated water, sanitation, and hygiene solutions. Lifewater International is a 501(c)(3) non-profit that intentionally serves all people regardless of race, religion, ethnicity, or gender.

### 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:**

1. *To Share* - copy, distribute and transmit the work
2. *To Remix* - to adapt and/or translate the work

#### **Under the following conditions:**

1. 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)
2. Non-commercial - you may not use this work for commercial purposes
3. 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

As part of its charitable mission to make clean water accessible, Lifewater has agreed to share these materials free of charge for non-commercial use. These materials are provided on a **"AS IS"** and **"AS AVAILABLE"** basis. TO THE FULLEST EXTENT PERMISSIBLE PURSUANT TO APPLICABLE LAW, LIFEWATER DISCLAIMS ALL WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF TITLE, MERCHANTABILITY, NON-INTERFERENCE, SUITABILITY, FITNESS FOR A PARTICULAR PURPOSE, ACCURACY, COMPLETENESS, AVAILABILITY, SECURITY, COMPATIBILITY, AND NONINFRINGEMENT, AND WARRANTIES ARISING FROM COURSE OF PERFORMANCE, COURSE OF DEALING OR TRADE USAGE.

You are responsible for the proper use of these materials. By accepting these materials, you agree to indemnify, defend, and hold harmless, Lifewater, its agents, and affiliates from and against any and all losses, damages, liabilities, and costs, including costs and expenses incurred to defend any action or threatened action associated with or related to your use of these materials.

UNDER NO CIRCUMSTANCES, INCLUDING NEGLIGENCE, SHALL LIFEWATER, ITS AGENTS, OR AFFILIATES BE LIABLE TO YOU OR ANY OTHER PERSON OR ENTITY FOR ANY INDIRECT, INCIDENTAL, SPECIAL, OR CONSEQUENTIAL DAMAGES INCLUDING LOST PROFITS, BUSINESS INTERRUPTION, LOST DATA, PERSONAL INJURY



(INCLUDING DEATH), AND PROPERTY DAMAGE OF ANY NATURE WHATSOEVER, THAT RESULT FROM THE USE OF, OR THE INABILITY TO USE, ITS CONTENT. IN NO EVENT SHALL OUR TOTAL LIABILITY TO YOU FOR ALL DAMAGES, LOSSES, AND CAUSES OF ACTION WHETHER IN CONTRACT, TORT (INCLUDING NEGLIGENCE) OR OTHERWISE EXCEED THE AMOUNT PAID BY YOU, IF ANY, OR \$10 (WHICHEVER IS LESS) FOR ACCESSING OR USING OUR CONTENT OR SERVICES.

These terms shall be construed in accordance with the laws of the state of Arkansas, without regard to conflict of laws principles. You hereby consent to the jurisdiction of the courts in the State of Arkansas and agree to limit venue to the courts in Benton County, Arkansas.

Lifewater aims to maintain relationships with users of this work in order to learn from one another and obtain feedback on implementation. Therefore, organizations wanting to use this work are asked to sign a simple partnership agreement outlining specific terms of use. Please contact Lifewater International for more information:

**Lifewater International**

[www.lifewater.org](http://www.lifewater.org)

[info@lifewater.org](mailto:info@lifewater.org)

PO Box 2868

Bentonville, AR 72712

(805) 541-6634



# Table of Contents

---

Introduction .....	6
Lesson Format .....	7
Community Conversations Guidelines .....	9
Training Schedule and Overview .....	10
<b>Lesson 1: Healthy Homes</b> .....	13
<b>Lesson 2: Latrines</b> .....	18
<b>Lesson 3: Bathing Shelters</b> .....	24
<b>Lesson 4: Handwashing</b> .....	28
<b>Lesson 5: Clean Water</b> .....	38
<b>Lesson 6: Water Containers</b> .....	48
<b>Lesson 7: Drying Racks</b> .....	57
<b>Lesson 8: Clean Compounds</b> .....	61
<b>Lesson 9: Healthy Animals</b> .....	67
<b>Lesson 10: Diarrhea Care and Treatment</b> .....	71
<b>Lesson 11: Menstrual Hygiene Management</b> .....	74
<b>Lesson 12: Breastfeeding</b> .....	76
<b>Lesson 13: Healthy Babies</b> .....	78
<b>Lesson 14: Handwashing for Loving Mothers</b> .....	80
<b>Lesson 15: Healthy Children</b> .....	83
<b>Lesson 16: Maintaining Latrines</b> .....	91
<b>Lesson 17: Maintaining Handwashing Devices and Drying Racks</b> .....	95
<b>Lesson 18: Maintaining Your Water Point</b> .....	100
Poster Set .....	104

# Introduction

---

## What This Guidebook Is

This manual is a resource for equipping communities to improve their water, sanitation, and hygiene (WASH) behaviors. It provides simple, immediate steps to reach this goal. Changes in habits and behaviors 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 community members in order to discuss motivations, fears, challenges, and opportunities involved in improving health through WASH behaviors.

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.

Each context will have its own set of unique needs, so this manual can be adapted for different contexts. However, this manual is not a comprehensive examination of all WASH needs in a community.

## Who This Guidebook Is For

The lessons are designed to be facilitated by individuals, government agencies, or organizations working with rural communities to improve WASH.

# Lesson Format

---

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.

## Structure

The following describes the sections included in each lesson.

**Preparation and Materials Needed:** This will explain any materials that need to be gathered or prepared before the start of the lesson. It is recommended to review these prior to the training so any necessary materials can be purchased, printed, prepared, and brought to the training.

**Expected Time:** This is the amount of time you should plan for the lesson to be completed.

**Key Message(s):** These are the main messages the lesson, activities, and discussion intend to communicate.

**Review (if applicable):** This is the part of the lesson where participants are asked to share the key messages from the previous lesson.

**Discussion:** These questions are intended to help participants engage around the topic of the lesson. They are a way to reflect upon any learning that may have taken place. These questions are a guide and can be supplemented with topical questions from the facilitator.

**Group Activity** (if applicable): Most lessons involve some type of group or interactive activity. Instructions for the activity are included within the lessons.

**Take-Home Messages:** Each lesson will end with a set of “take-home” messages. These are the key points from the lesson to review with the group.

*Any text that is noted in italics should be read and communicated to the participants.*

## Resources

This guidebook relied, in part, on principles and tools developed by others. Throughout, there are footnote citations indicating which activities or concepts are adapted from others.

# Community Conversations Guidelines

---

## Location

Decide on a location for the Community Conversation. Consider the following factors:

- Easy for all households to access, especially vulnerable people
- Acceptable culturally
- Near a latrine and safe water, if possible

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 a safe source or boiled) and clean cups for people to drink if they are thirsty while participating
- An improved latrine nearby for people to use

## Materials and Preparation

Always bring with you:

- Relevant posters from the Poster Set that relate to the lesson
- Practical items to demonstrate each lesson (examples: tippy taps, plastic drying racks)

## Snacks During Community Conversations

- 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

# Training Schedule and Overview

Lesson	Duration	Key Message(s)	Materials Needed
Lesson 1	1 hour	Healthy homes are clean and prevent disease	Poster sets: Feces Pathways Diagram, Healthy Home Diagram, Unhealthy Home Diagram
Lesson 2	45 mins	A home is not complete if it does not have a latrine for health, pride, and dignity	Latrine with dignity poster set
Lesson 3	45 mins	Keep your body clean by using a bathing shelter	Bathing Shelter poster set Chairs or pieces of paper for all but one participant
Lesson 4	1 hour	Healthy families wash their hands to be clean and strong	Glitter or charcoal Handwashing station with soap and water Handwashing poster set (Option 1) Different kinds of handwashing devices (Option 2) Have every family bring a small container (such as a jerrycan or large water bottle)
Lesson 5	45 mins	Clean water saves money and improves health. Clean water comes from a safe source or from boiling.	Safe Water Sources and Unprotected Water Sources poster set Boiling Water poster set

Lesson 6	45 mins	Healthy homes have good water containers that are easy to use	Safe water storage poster set Chairs
Lesson 7	45 mins	Drying racks keep dishes neat and clean	Wooden drying rack Drying rack poster set
Lesson 8	45 mins	Healthy homes are clean and free from trash	Rolled paper balls Buckets Brooms Clean compound poster set
Lesson 9	45 mins	Healthy homes have animal pens to protect animals and keep compounds clean	Penned animals poster set
Lesson 10	45 mins	Save lives by giving people with diarrhea Oral Rehydration Solution	ORS packets Paper and marker for each group
Lesson 11	45 mins	Healthy women keep themselves clean and smart	None
Lesson 12	30 mins	Loving mothers have strong, healthy babies	None

Lesson 13	30 mins	Healthy babies have safe, clean places to play	Places for babies to play poster set
Lesson 14	30 mins	Loving mothers have clean and beautiful hands	None
Lesson 15	45 mins	Healthy children are strong and smart	None
Lesson 16	45 mins	Latrines need to be maintained regularly to work properly and stop the spread of diseases	None
Lesson 17	45 mins	Healthy families keep their handwashing stations and drying racks ready for use	None
Lesson 18	45 mins	Caring for your water point will keep the water flowing and your family healthy	Water committee poster set



# Lesson 1: Healthy Homes

---

## Preparation and Materials Needed

Poster sets: Feces Pathways Diagram, Healthy Home Diagram, Unhealthy Home Diagram

---

## Expected Time

1 Hour

---

## Key Messages

- **Healthy Homes are clean and prevent disease**
- 

## Game

### Play: “Healthy Home”

1. Two people stand facing away from each other.
2. 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
3. Finding the winner: Clean water beats handwashing; handwashing beats latrine; latrine beats clean water.



## Group Activity

Show the Feces Pathways Diagram.

### Ask:

1. *Where do you see the feces going?*
2. *What are the different ways feces in a field or in water can get in our mouths?*
3. *Are diseases spreading in this community in any of these ways? If so, why?*
4. *What are ways this community is stopping the spread of disease?*

### Explain the various disease pathways:

- *Feces gets on our hands after defecation. When we eat without washing 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.*

### Explain how to prevent these diseases with the Healthy Home Diagram:

- **Healthy Homes** 1) have an improved latrine, 2) use two proper handwashing devices – one near their latrine and one near their kitchen, 3) drink safe water, 4) store water safely, 5) use a drying rack, 6) keep the compound clean, and 7) use a bathing shelter
- *These 7 behaviors prevent diseases in children and families*

---

## Bible Verse

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

### Ask:

1. *Are there ways we might be spreading disease to our neighbors?*
2. *What are ways we can show love to our neighbors?*

---

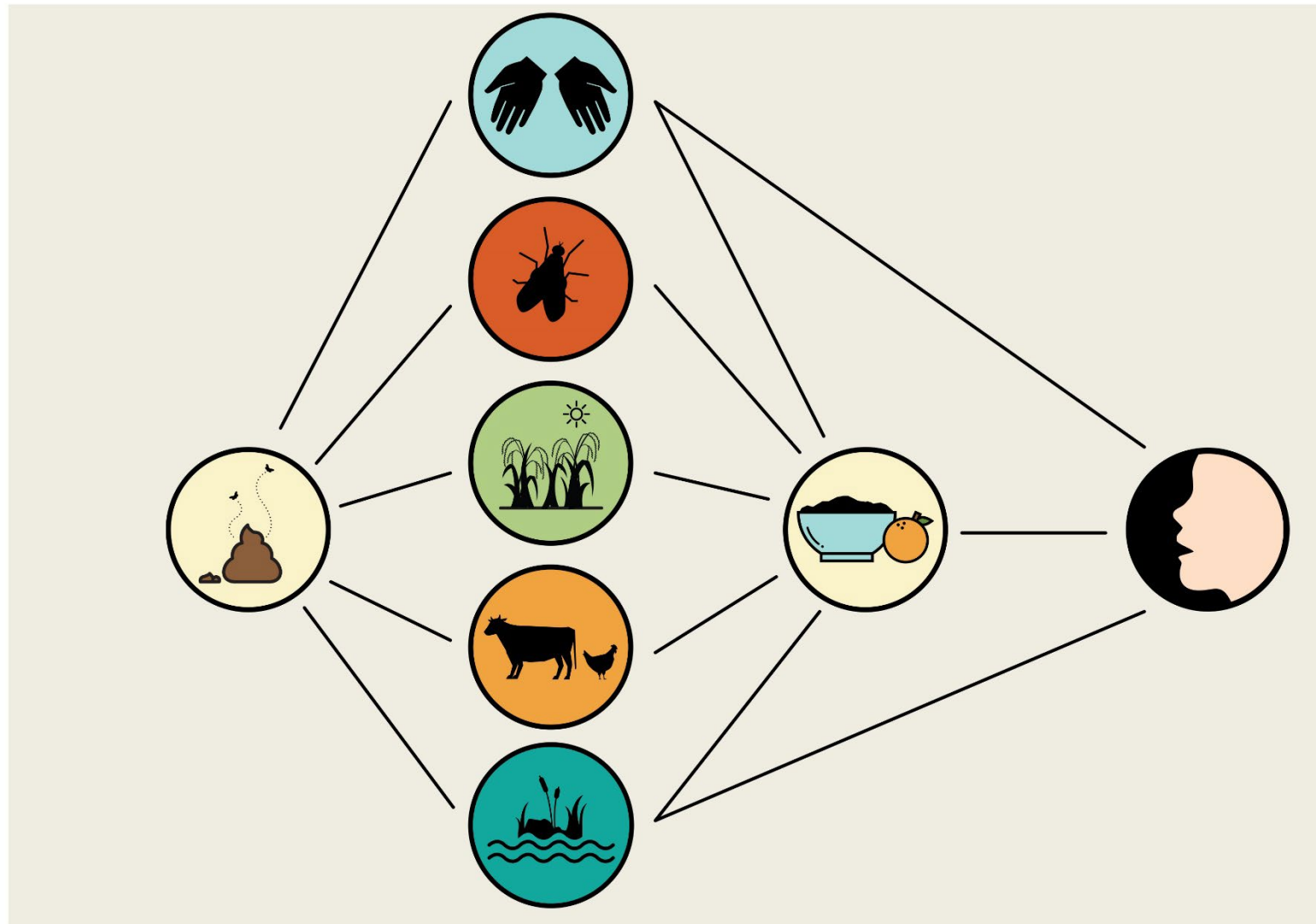
## Group Decision

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.

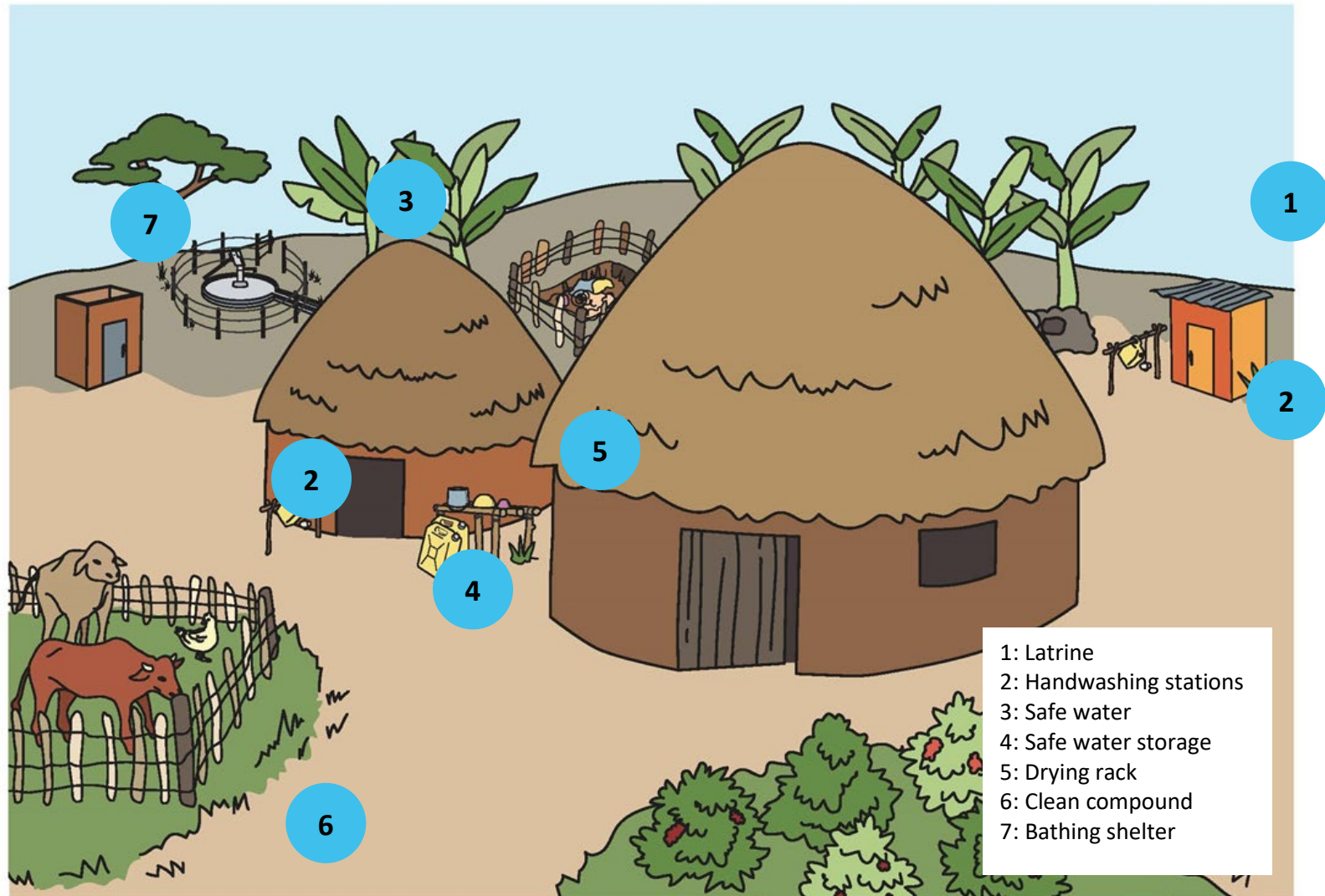
### Ask:

1. *What are ways disease is still spreading in this community?*
2. *What is one change you can commit to as an entire group?*

## Poster Set: Disease Pathways Diagram



## Healthy Home



## Unhealthy Home



## Lesson 2: Latrines

---

### Preparation and Materials Needed

Latrine with dignity poster set

---

### Expected Time

45 mins

---

### Key Messages

- **A home is not complete if it does not have a latrine for health, pride, and dignity**
- 

### Game

**Play:** “Telephone”

1. Everyone stands in a circle.
  2. The 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”*
  3. Each person, one at a time, whispers the message they heard to their neighbor. No one can ask to have the message repeated.
  4. The last person says the message they heard out loud for all to hear. The first person then says what the true message was. The message usually changes as it is passed along.
- 

### Group Activity

Have someone with a good latrine share about how they made the latrine and why they like having a latrine.

**Ask:**

1. *Is open defecation still occurring in this community? If so, why?*
2. *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 those in the home, especially children, and even neighbors; defecating outside is unloving*
  - *Feces smells bad and attracts flies, insects, and animals; not having a latrine makes compounds dirty*
  - *People with latrines can be proud of the way they are clean and loving their family, guests, and neighbors*
    - *Latrines allow 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 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*
- 

## 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:

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

## 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:

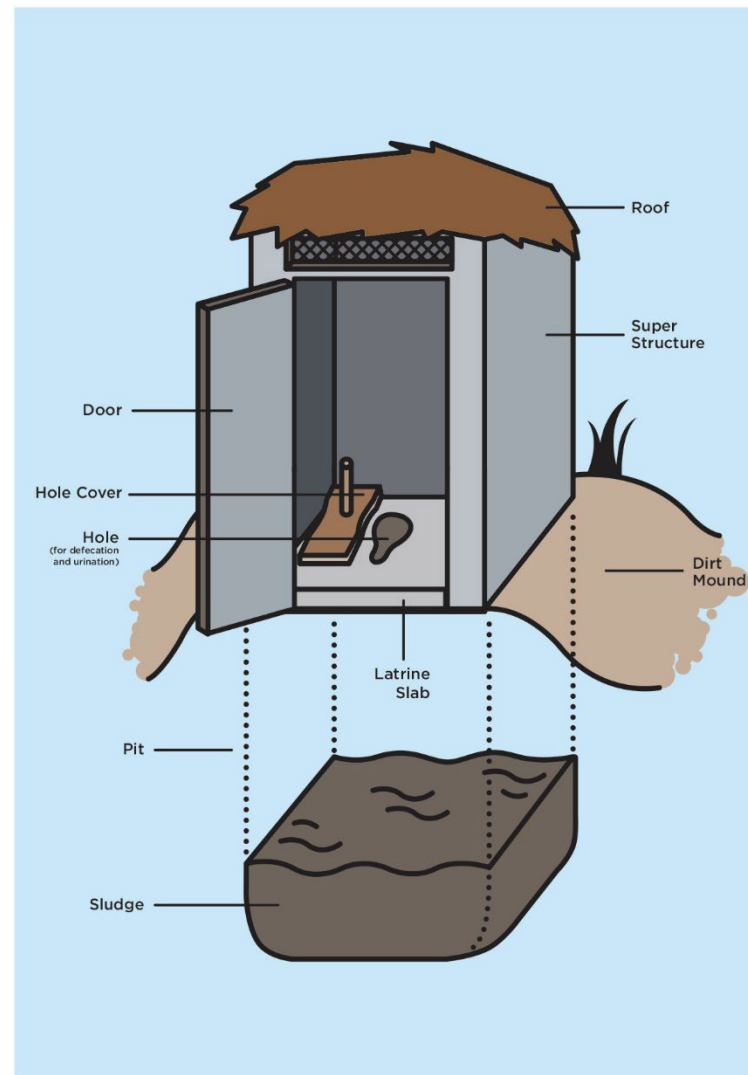
1. *What are ways you could improve the latrines?*
2. *What is one change you can commit to as an entire group?*



# 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





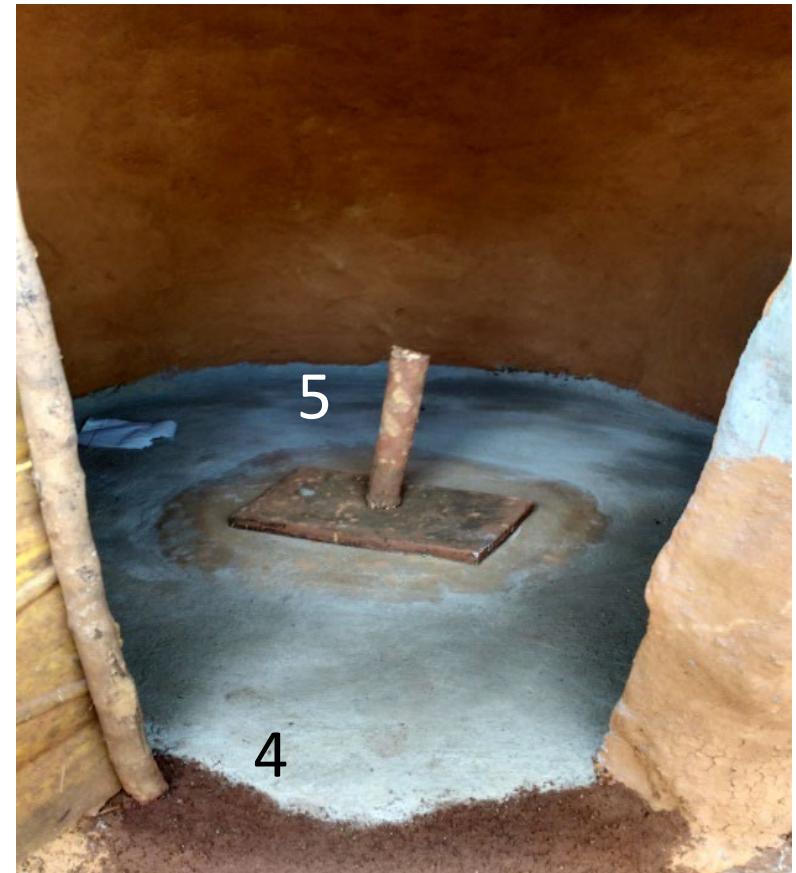
## Latrines can look different





## A Latrine with Dignity Has Five Parts

1. Superstructure/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



## Lesson 3: Bathing Shelters

---

### Preparation and Materials Needed

Bathing Shelter poster set

Chairs or pieces of paper for all but one participant

---

### Expected Time

45 mins

---

### Key Messages

- **Keep your body clean by using a bathing shelter**
- 

### Game

#### Play: “Musical Chairs”

1. Count the number of people present. If there are a small number of people (10 or fewer) then gather enough chairs for every person except one. If there are many people (more than 10) you may want to just have 10 chairs maximum.
  2. Put the chairs in a circle with the backs facing the center of the circle (if there are no chairs available, put pieces of paper in a circle on the ground).
  3. Have people stand around the circle.
  4. Sing a song or play music and instruct people to walk in a circle around the chairs (or paper).
  5. When the music stops, each person must find a chair (or piece of paper). The one or ones who are unable to do so are out.
  6. Remove a chair (or paper) and continue until there is just one person remaining—he or she is the winner!
- 

### Group Activity

#### Ask:

1. *How often do people in this community bathe?*
2. *Do children in this community bathe? How often?*
3. *What things would make it easier for people to bathe more often?*
4. *When people defecate and they want privacy, they use a latrine. Where do people bathe if they want privacy?*
5. *Does anyone have a shelter on their compound for bathing? What are, or what do you imagine would be the benefits of having a separate room where people can bathe in private?*

**Discuss:**

- *Everyone should bathe every day or multiple times each week*
  - *People who bathe often feel clean and proud and they look nice*
  - *People who bathe often have healthy skin and are less likely to get skin diseases*
  - *People who wash their face with clean water are less likely to get trachoma, which causes blindness*
  - *Bathing shelters provide complete privacy including walls and a door, just like a latrine provides privacy. But a bathing shelter is much easier to build because there is no pit.*
    - *Bathing shelters have a floor made of grass or rocks or dirt with a drainage channel so that water does not pool*
    - *Some bathing shelters have a roof, while others do not*
    - *Bathing shelters have soap and a basin or jerrycan filled with water*
- 

**Bible Verse**

*“Wash yourselves and make yourselves clean. Take your evil deeds out of my sight; stop doing wrong. Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.” –Isaiah 1:16-17*

**Explain:**

*God says that when we sin and when we mistreat others, it is like we are physically dirty. God wants to see us clean. That means not making ourselves dirty by sinning and mistreating the vulnerable, but rather acting towards them in a good and clean way.*

**Ask:**

1. *Why does God care about how we treat people who are vulnerable, like the fatherless and the widow?*
  2. *What is an example of a time you defended someone who is oppressed?*
- 

**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:**

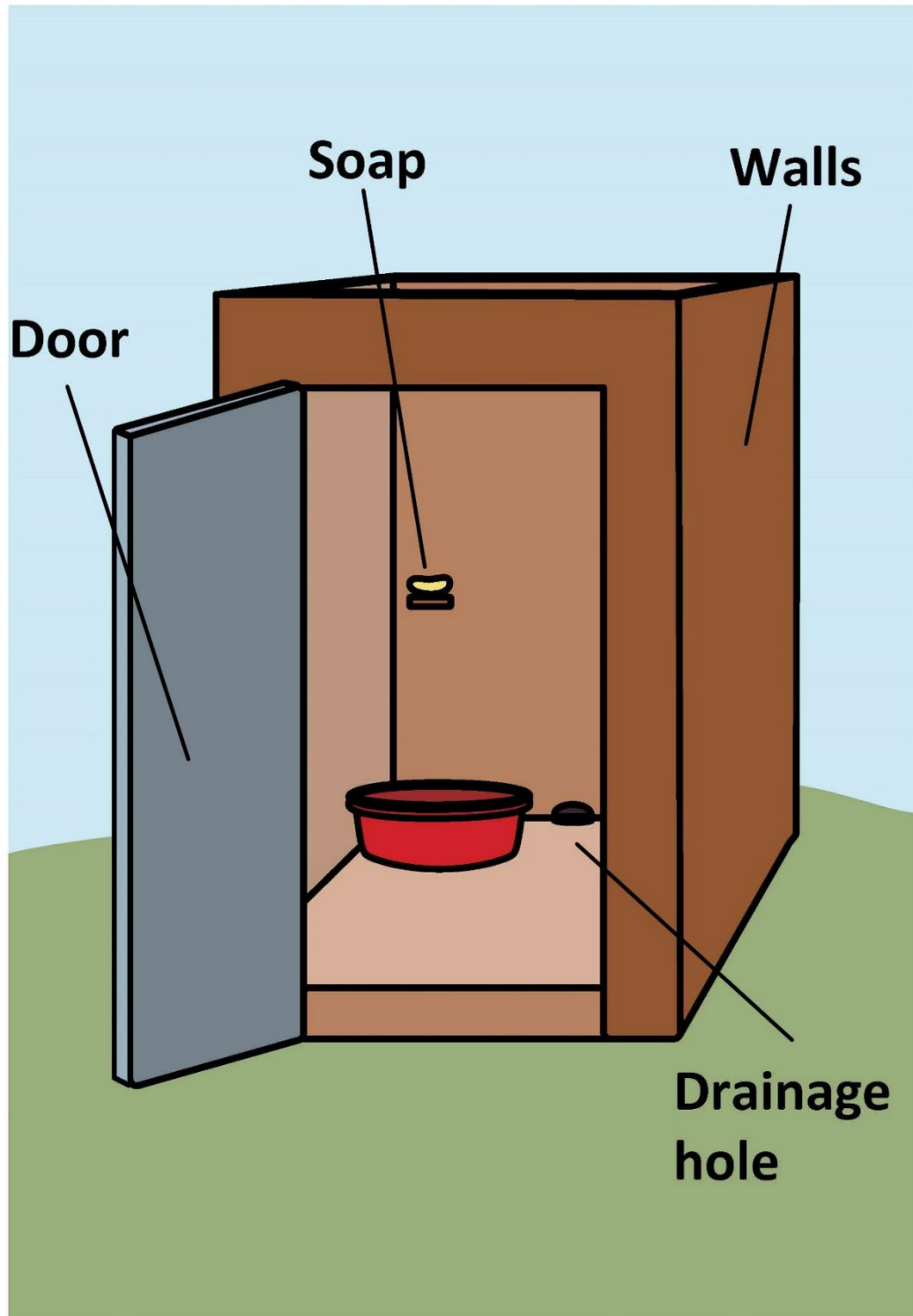
1. *What are ways you could build a shelter for your family to bathe in privacy?*
2. *What is one change you can commit to as an entire group?*



## Bathing Shelters



## Bathing Shelter



## Lesson 4: Handwashing

---

### Preparation and Materials Needed

Glitter or charcoal

Handwashing station with soap and water

Handwashing poster set

(Option 1) Different kinds of handwashing devices

(Option 2) Have every family bring a small container (such as a jerrycan or large water bottle)

---

### Expected Time

1 hour

---

### Key Messages

- **Healthy families wash their hands to be clean and strong**
- 

### Game

**Play:** “Glitter Germs”

1. One person covers their hands in glitter (or charcoal).
  2. Everyone then walks around shaking each other’s hands, including the person with glitter/charcoal.
  3. 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?”
  4. Have people rinse their hands with water only. Does this get the glitter or charcoal off?  
Usually not much.
  5. Then have people wash their hands with soap and water. Does this get the glitter or charcoal off? Usually almost everything.
- 

### Group Activity

Show the poster sets and **ask:**

1. *What do you like about these devices people use to wash hands?*
2. *What is preventing people from washing their hands?*
3. *What is this community good at relating to washing hands?*



**Choose to do one of the options below:**

Option 1: Look at different types of handwashing devices from the market!

- Bring a few different types of handwashing devices
- Ask people to look at the different options – have everyone share what they like and dislike about each option
- Ask people to wash their hands with different devices – have people share which is their favorite

Option 2: Make tippy taps together!

- Make sure each family has brought a small container, such as a large water bottle or a small jerrycan
- Show them where to make holes, how long to cut their string, how to make a foot pedal, give them paint or markers to make their tippy taps beautiful, if appropriate

**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*

---

**Bible Verse**

*“Wash yourselves and make yourselves clean. Take your evil deeds out of my sight; stop doing wrong. Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.” –Isaiah 1:16-17*

**Ask:**

1. *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?*
2. *What are specific ways we can seek justice and correct oppression?*
3. *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.*

---

**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.

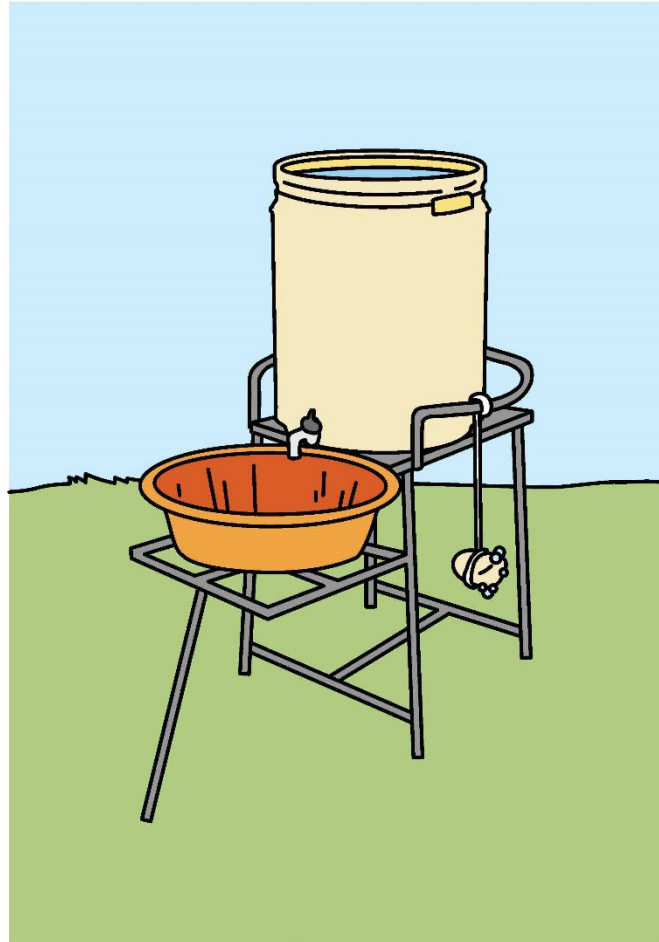
**Ask:**

1. *What are ways you could improve washing hands with soap/ash and water?*
2. *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
- Near latrine and near kitchen
- Can be purchased or self-made



**Handwashing devices should be placed near the latrine and the kitchen**

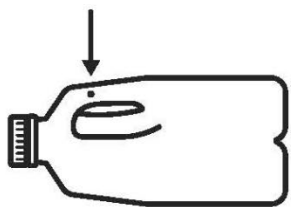




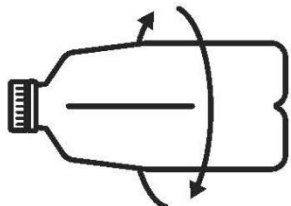
## Making a Tippy Tap



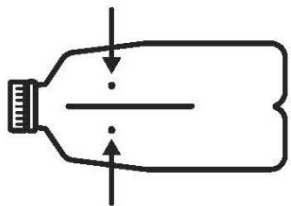
## Steps to Make a Tippy Tap



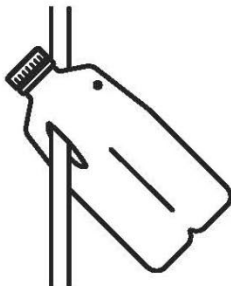
Pierce a hole on top of the jug handle.



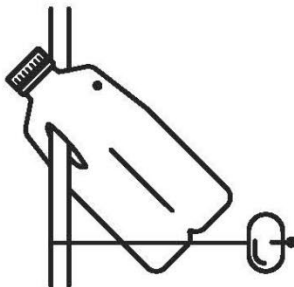
Turn the jug around so that you are facing the opposite side from the handle.



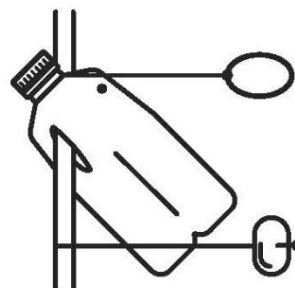
Pierce a hole in the jug on the opposite side of the handle.



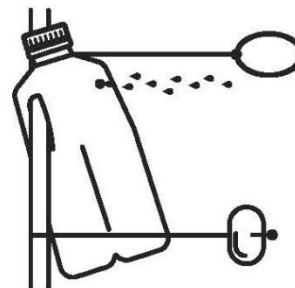
Hang the jug from a stick by the handle.



Thread a string through a piece of soap and hang that from the stick.

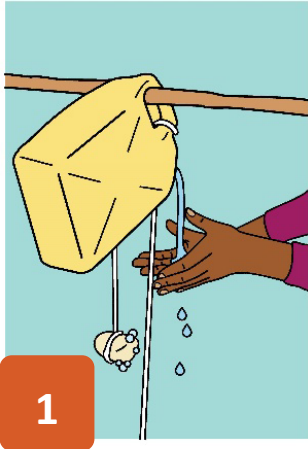


Tie a string around the neck of the bottle and make a loop at the end of the string large enough to slide your wrist through.



Fill the tippy tap with water and pull the loop to begin washing hands.

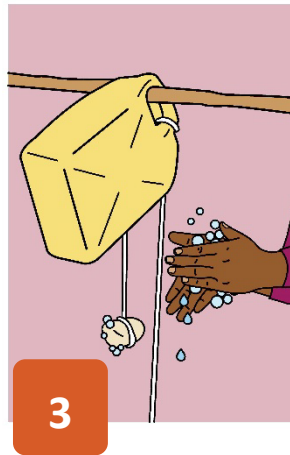
## How to Wash Hands



1. Get your hands wet



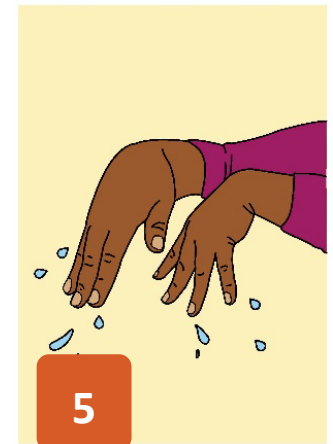
2. Add soap or ash



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**



## Lesson 5: Clean Water

---

### Preparation and Materials Needed

Safe Water Sources and Unprotected Water Sources poster set  
Boiling Water poster set

---

### Expected Time

45 mins

---

### Key Messages

- Clean water saves money and improves health. Clean water comes from a safe source or from boiling.
- 

### Game

**Play:** “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

---

### Group Activity

Show the two posters: 1) Safe Water Sources and 2) Unsafe Water Sources.

**Ask:**

1. What are the differences between clean and dirty water sources?
2. Which sources look most clean and least shameful to drink from?
3. Is the water people are drinking in this community safe or making people sick?
4. What is this community doing to make drinking water safer?

**Discuss:**

- 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 makes water clean (Show poster How to Boil Water)*
- 

## **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:**

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

## **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:**

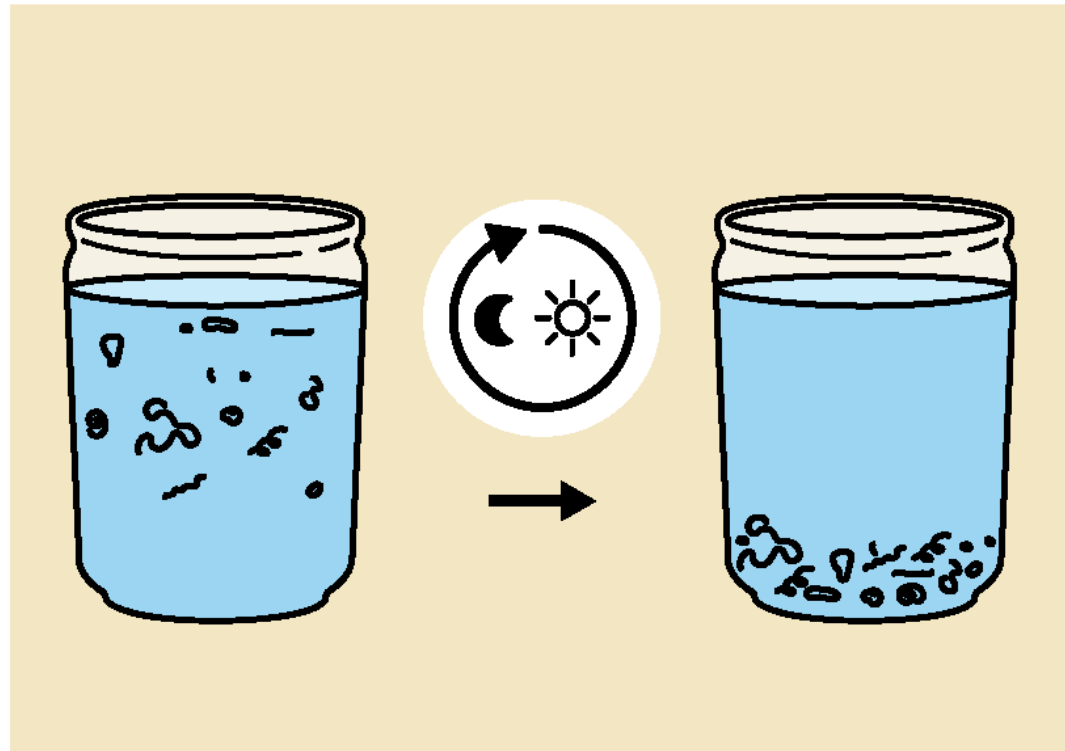
1. *What are ways you could make water even safer and cleaner?*
2. *What is one change you can commit to as an entire group?*

## 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 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.



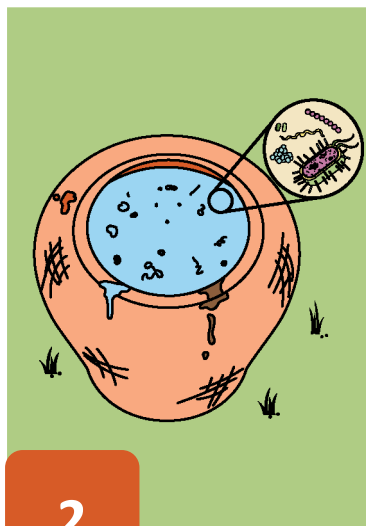
5. Water is safe to drink!

## How to Filter Water



1

Collect water



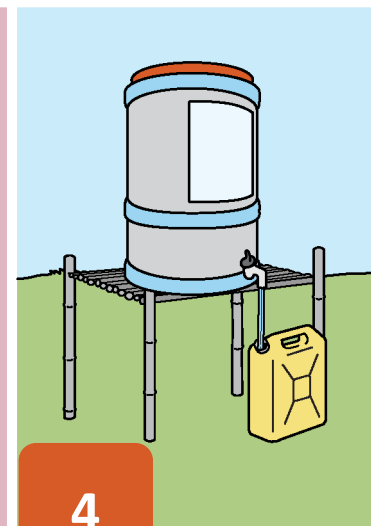
2

Water may look clean but still have gross things and feces in it



3

Pour dirty water into filter



4

Collect filtered water through the tap into a clean, narrow-mouthed container.



## How to Keep Filter Clean



1. Remove filter



2. Rinse filter with clean water



3. Do not wash filter with soap



4. Wash bucket with soap and clean water



5. Put filter back in bucket and put lid on top



6. Store filter next to clean water cups



7. Be careful – filter is fragile



8. Be careful – do not touch faucet, filter, or inside bucket



9. Be careful – keep lid on filter to keep out insects

## How to Care for Ceramic Filter

<div data-bbox="277 316 567 544">  </div> <div data-bbox="577 308 756 552"> <p><b>Address:</b> Prek Tom village, Kbal Kos commune, Kean Svay district Kandal Province. Tel:(855) 24 399 577  www.rdic.org Email:rdibus@rdic.org</p> </div> <h3>1-Filter is Fragile</h3> <ul style="list-style-type: none"> <li>● Handle with care.</li> <li>● Do not clean the filter with soap water.</li> <li>● Do not touch interior and exterior surface of the filter.</li> <li>● Only handle the filter from the rim.</li> <li>● Do not poke your finger in the faucet hole.</li> </ul>	<h3>2-Cleaning</h3> <ul style="list-style-type: none"> <li>● Take the filter out it and place in a clean area.</li> <li>● Clean the filter with water that has been filtered or boiled.</li> <li>● Clean the water bucket (not the filter it self) with soap and water then allow the bucket to air dry.</li> </ul> <h3>4-How to assemble Faucet</h3> <ol style="list-style-type: none"> <li>1 Faucet.</li> <li>2 Washer inside the filter bucket.</li> <li>3 Fastening nut.</li> </ol>	<h3>4-Daily Usage</h3> <ul style="list-style-type: none"> <li>● Assemble the filter as shown.</li> <li>● Cover with lid to prevent dust and insects.</li> <li>● Place it in a clean and safe area.</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>- The filter lasts for 2 years. After 2 years replace it with a new.</li> <li>- The filter can be used to filter any kind of water, such as pond, river, stream, water fall, etc.</li> <li>- For more information please contact us at the address provided below:</li> </ul> <p>Office Phone: (855) 24 399 577 Website: www.rdic.org Email: rdibus@rdic.org</p>
--	---	---

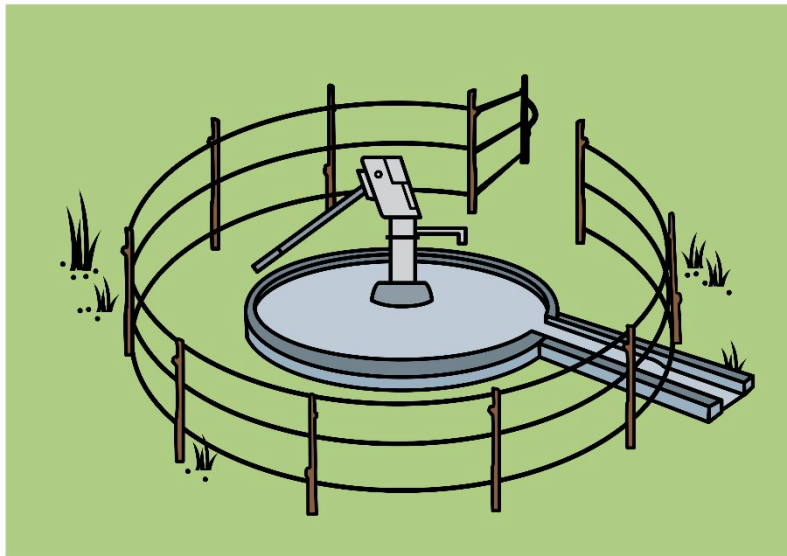


# Safe Drinking Water

Drink water from a safe source

or

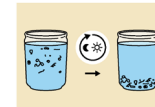
Treat water to make it safe



- Drilled well
- Protected spring
- Protected rainwater tank



- Let dirt settle



- Boil water for 1 minute (60 seconds)



## Unsafe Water Sources





## Protected Water Sources



## Lesson 6: Water Containers

---

### Preparation and Materials Needed

Safe water storage poster set

Chairs

---

### Expected Time

45 mins

---

### Key Messages

- **Healthy homes have good water containers that are easy to use**
- 

### Game

**Play:** “Tasty Water”

1. 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.
  2. The facilitator assigns each person one of the following names: “Clean”, “Covered”, or “Small Mouth”.
  3. 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).
  4. While they move, the facilitator steals an empty spot so someone else cannot find a place and must remain in the middle.
  5. That person then calls another name. The person in the middle may also yell “Tasty Water” so that everyone must change places.
- 

### Group Activity

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) try to throw small stones into any of the three containers. The rocks represent germs. Which of the containers is easiest for germs to get into (the wide mouth container)? Which one is the most difficult (the narrow mouth container)?

**Ask:**

1. *Which method of filling cups may have contaminated the water with dirty things?*
2. *Which water container looks cleanest?*

**Ask:**

1. *What do the water storage containers in this community look like?*
2. *What is this community doing to keep drinking water safe during storage at homes?*
3. *What are ways the water might still get 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*
  - *Containers with small mouths and lids reduce the risk of disease*
  - *Clean water belongs in clean containers*
  - *Dirty water containers are a sign of a dirty and lazy home*
  - *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*
- 

**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:**

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

**Group Decision**

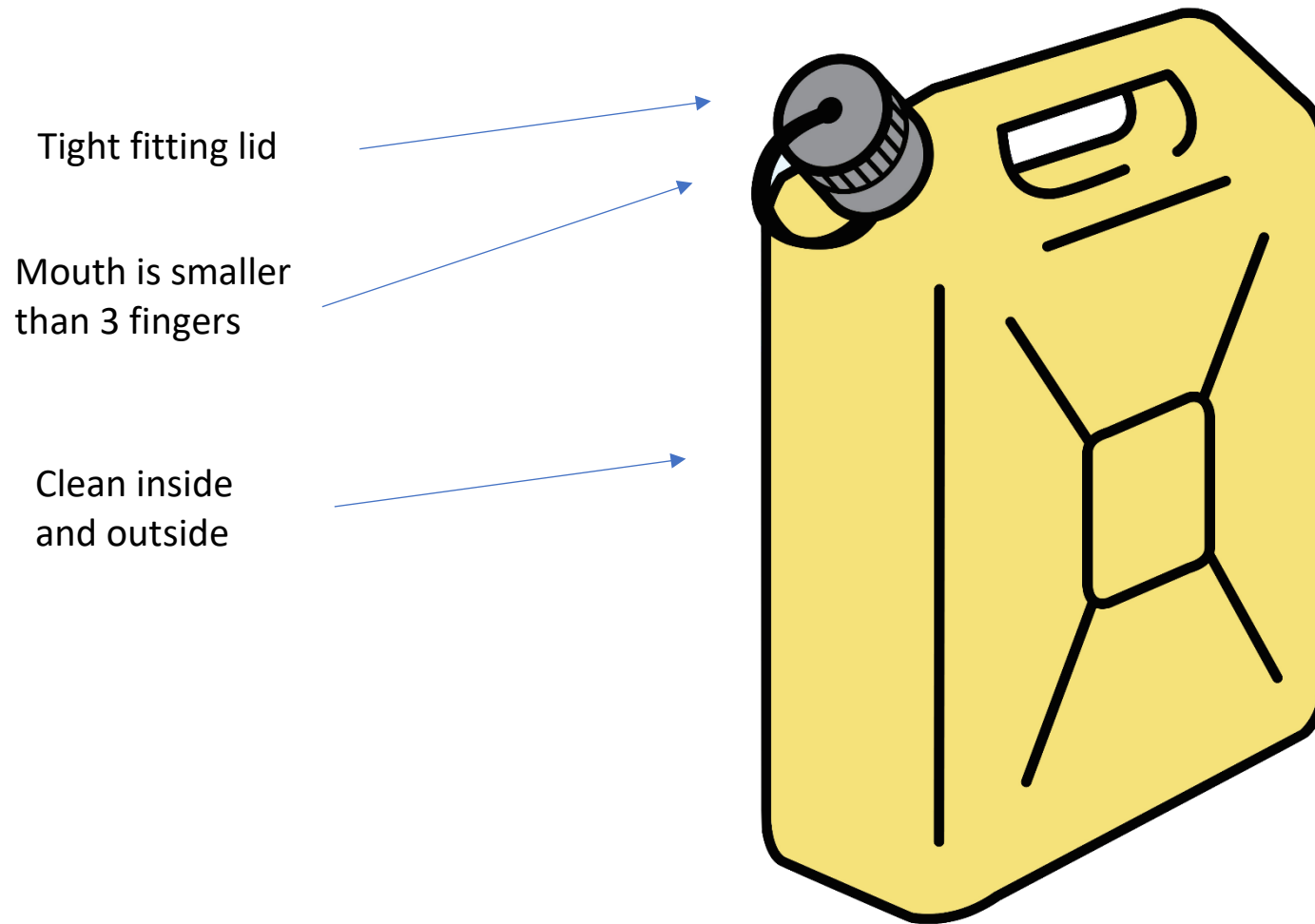
Give the community time to decide if they will commit to any action. Encourage people to be very specific about what they will do and by what day.

**Ask:**

1. *What is one change you can commit to as an entire group?*

# Safe Water Storage

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





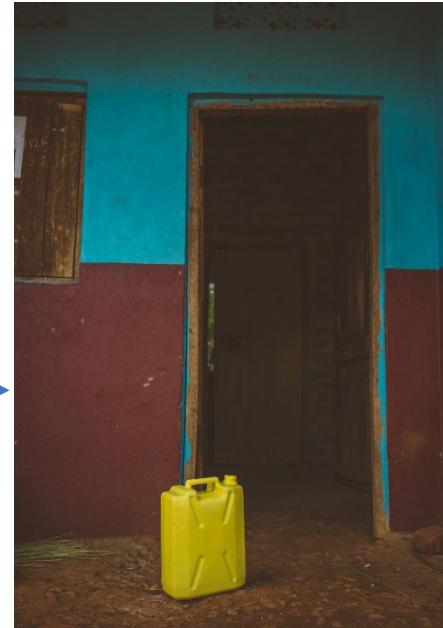
## Safe Water Chain



Water Access



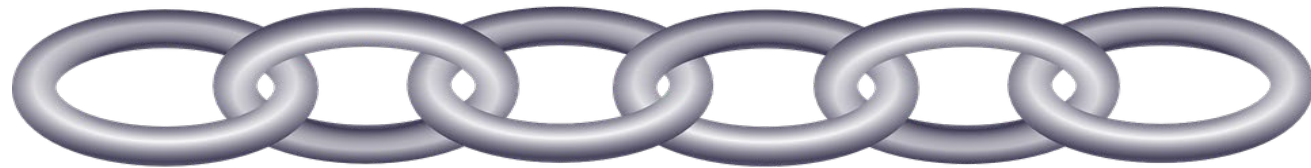
Transportation



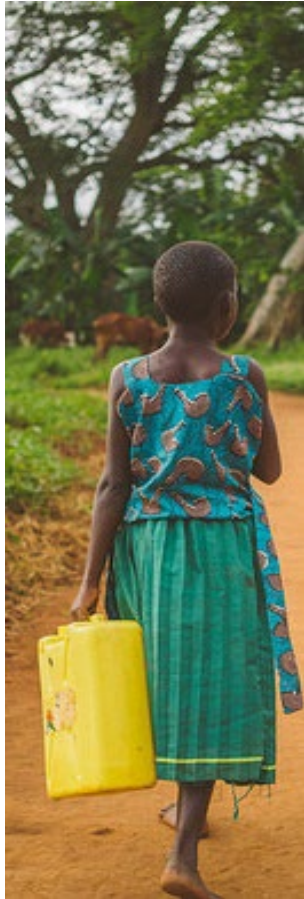
Storage



Use



## Clean Water Storage



**Clean, Covered, Small Mouth Containers**



## Dirty Water Storage



**Dirty, Uncovered, or Large Mouth Containers**

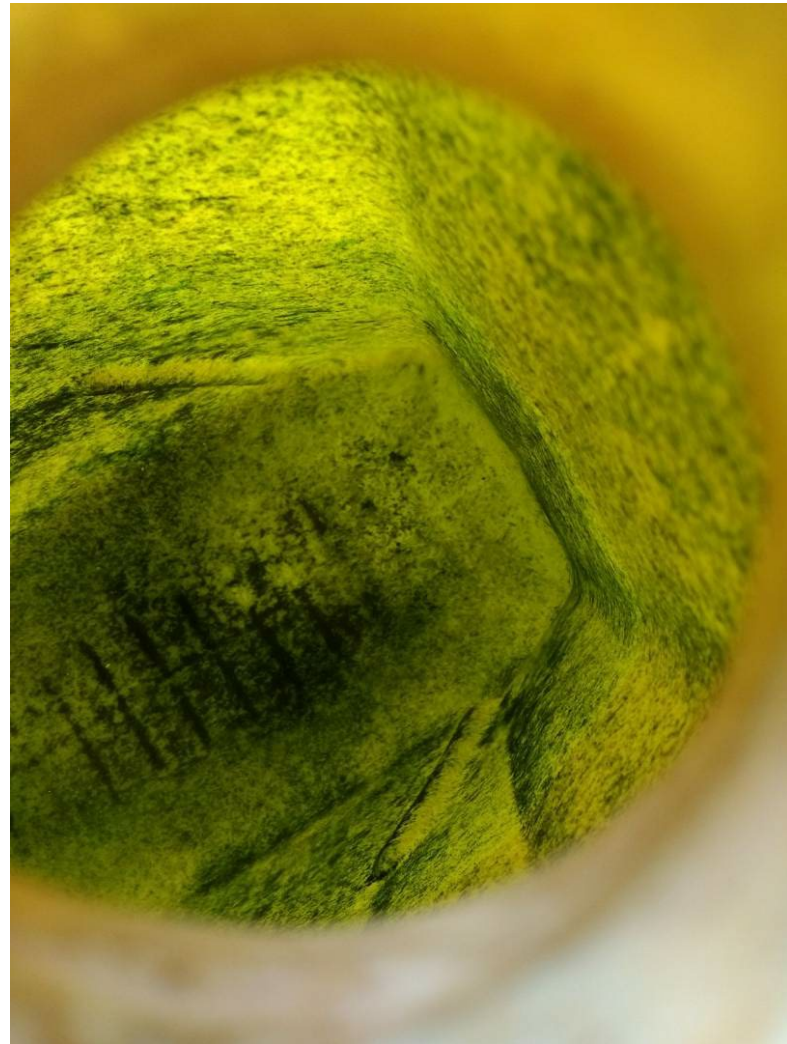
## Dirty Water Containers



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

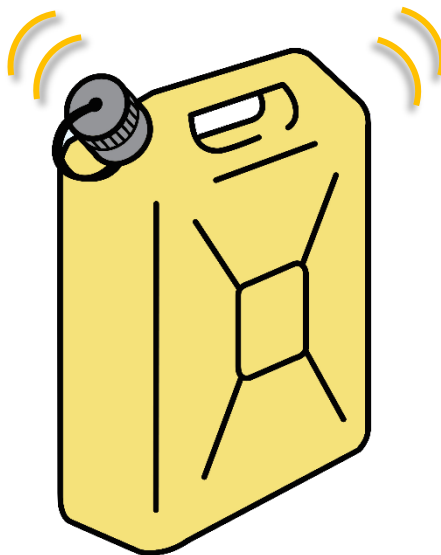
## How to Clean a Jerrycan

1



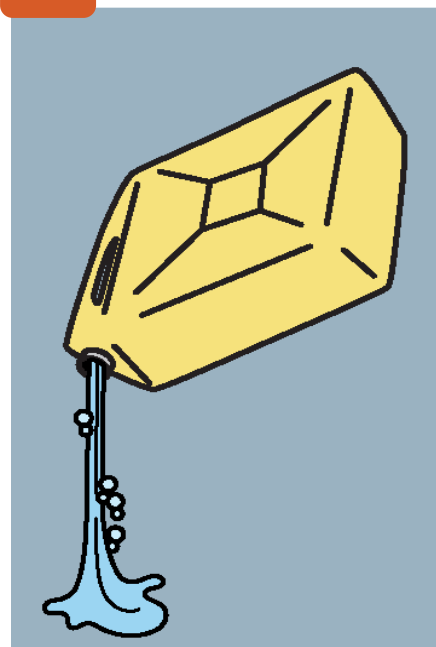
1. Pour clean and soapy water into container (if no soap, use rocks and water)

2



2. Put on lid and shake for one minute

3



3. Pour soapy water out. Then rinse it with non-soapy water



# Lesson 7: Drying Racks

---

## Preparation and Materials Needed

Wooden drying rack  
Drying rack poster set

---

## Expected Time

45 mins

---

## Key Messages

- **Healthy homes have good water containers that are easy to use**
- 

## Game

**Play:** “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.

---

## Group Activity

Bring a wooden drying rack. If possible, show people a plastic or metal drying rack also. Make sure the drying racks are placed high off the ground so dogs/animals can’t get to the dishes.

### Ask:

1. *Where do people most often dry dishes in this community?*
2. *What do you like about this drying rack?*
3. *Why would this drying rack be good for a family to have?*
4. *Have you ever seen a drying rack in the market? Where? How much did it cost?*
5. *What supplies would you need to make your own?*

### Explain:

- *Drying racks are clean and beautiful*
- *Drying racks keep homes looking nice, clean, and organized*
- *Drying racks can look different, and can be made of wood, plastic, metal, or other materials.*

- *Drying racks should be high off the ground so that dirty animals can't ruin the clean, beautiful dishes*
  - *Drying racks are a sign of a model home*
- 

### **Bible Verse**

*"God is not a God of disorder. He is a God of peace" – 1 Corinthians 14:33*

#### **Ask:**

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

### **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:**

1. *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





## Lesson 8: Clean Compounds

---

### Preparation and Materials Needed

Rolled paper balls

Buckets

Brooms

Clean compound poster set

---

### Expected Time

45 mins

---

### Key Messages

- Healthy homes are clean and free from trash
- 

### Game

#### Play: “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 one bucket or can that is 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.

---

## Group Activity

Compare posters of dirty compounds and clean compounds.

### Ask:

1. *What differences do people notice?*
2. *How do the compounds in this community look?*
3. *What do people do with their rubbish? Why?*
4. *Would people rather live in a dirty or clean compound?*
5. (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 clean and beautiful*
  - *Clean compounds smell nice and are the sign of a hardworking family*
  - *Clean compounds make people proud to have visitors, and make guests want to come visit*
- 

## 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 and 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:

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

## 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:

1. *What is one action you will commit to as a whole group to keep your compounds clean?*

# Clean Compound

Beautiful compounds that are clean, smell nice, and beautiful

- Beautiful
- Swept
- Cleared/slashed
- Rubbish in pit/bin
- Feces in latrine
- Animals penned
- Dishes on rack





## A Beautiful, Swept Compound



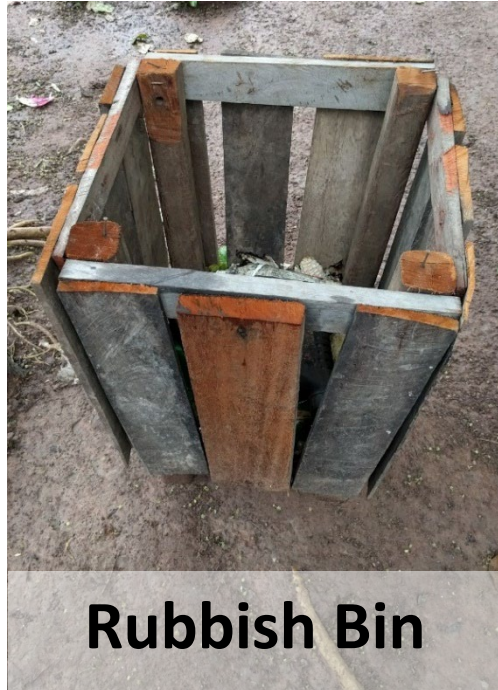


## A Dirty, Not Swept Compound





## Trash Disposal



## Lesson 9: Healthy Animals

---

### Preparation and Materials Needed

Penned animals poster set

---

### Expected Time

45 mins

---

### Key Messages

- Healthy homes have animal pens to protect animals and keep compounds clean
- 

### Game

#### Play: “Pen the Animal”

The facilitator gives each person a piece of paper. Everyone draws an animal (any animal) on the paper. Even children can play. Everyone then makes a ball with their piece of paper. Everyone stands 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.

---

### Group Activity

Show the 2 posters of an animal pen and a home with no animal pen.

#### Ask:

1. Which home do you think is cleaner?
2. Which home do you think has more feces around the compound?
3. Does this community have animal feces around?
4. 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 poop anywhere. **Explain:**

- a. Healthy homes have pens for the animals because living together with dirty animals is dirty and shameful

- b. *Healthy families show love for animals by giving them a special place to stay*
  - c. *Proud parents do not let children play where feces are on the ground*
  - d. *Guests enjoy homes that do not smell like poop or have poop visible*
- 

## **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:**

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

## **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:**

- 1. *What is one action you will commit to as a whole group to keep your compounds clean of animal feces?*



## **Animals secured to keep compound clean and beautiful**





## Tidy Animal Pen



# Lesson 10: Diarrhea Care and Treatment

---

## Preparation and Materials Needed

ORS packets

Paper and marker for each group

---

## Expected Time

45 mins

---

## Key Messages

- Save lives by giving people with diarrhea Oral Rehydration Solution
- 

## Game

**Play:** “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.

---

## Group Activity

Demonstrate how to make ORS (Oral Rehydration Salts) and let people taste it.

### Ask:

1. *What do people do for those with severe diarrhea?*
2. *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*
- 

## 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:

1. *How can we serve God by caring for people in need?*
- 

## 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:

1. *How can you commit to protecting those most vulnerable to dehydration and death?*



# Lessons for Healthy Ladies



# Lesson 11: Menstrual Hygiene Management

---

## Preparation and Materials Needed

None

---

## Expected Time

45 mins

---

## Key Messages

- Healthy women keep themselves clean and smart
- 

## Game

**Play:** “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.

---

## Group Activity

Discuss the traditional sayings about menstruation. For example, there is a saying that if a woman with menstruation touches a coffee plant that coffee plant will dry and die.

Make sure that people understand that menstruation is normal and should not be confused with magical or strange events.

**Ask:**

1. *Who in this community teaches about menstruation?*
2. *How do girls learn how to stay clean during menstruation?*

**Explain:**

- *Healthy women stay clean and beautiful during menstruation*
  - *Menstruation is a normal part of life*
  - *Men can help women with menstruation by being supportive and loving*
  - *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*
- 

**Bible Verse**

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

**Ask:**

1. *How can men carry women’s loads?*
  2. *How can we improve the lives of the next generation of females during their menstruation?*
- 

**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:**

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

# Lesson 12: Breastfeeding

---

## Preparation and Materials Needed

None

---

## Expected Time

30 mins

---

## Key Messages

- Loving mothers have strong, healthy babies
- 

## Game

**Play:** “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. Mother must help Baby walk a certain path by using words only, not touching. For example, Mother must teach Baby to walk around the outside of the house. She tells Baby how many steps to take, what obstacles to watch out for, and when to turn left or right.

---

## Group Activity

### Ask:

1. How many months do women in your community breastfeed babies?
2. When do babies begin eating and drinking food in addition to breastmilk?

**Discuss** the following benefits of breastfeeding:

- Loving mothers breastfeed their babies to make them strong, healthy, and smart
- Loving mothers do not give their babies anything but their own breastmilk for the first 6 months
- When their babies are sick, loving mothers 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



---

## Bible Verse

*“Children are a gift from the Lord. They are a reward from Him.” –Psalm 127:3*

**Ask:**

1. *How can we love and protect children, since they are gifts from God?*
  2. *How does breastfeeding a child help protect him or her?*
- 

## 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:**

1. *What is one action you can commit to in order to spread truth about breastfeeding?*

# Lesson 13: Healthy Babies

---

## Preparation and Materials Needed

Places for babies to play poster set

---

## Expected Time

30 mins

---

## Key Messages

- **Healthy babies have safe, clean places to play**
- 

## Game

**Play:** “Playing Baby”

Show women the two pictures below of good and bad places for babies to play. Ask them to count how many things they see in each picture that could be bad for a baby to play with or put in its mouth. Have women compare how many things they see in each picture.

---

## Group Activity

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*

---

## Bible Verse

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

### Ask:

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

---

## 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:

1. *How might the places where children play be dangerous or spreading disease?*
2. *What is one action you can commit to in order to provide safe places for babies and young children?*

# Lesson 14: Handwashing for Loving Mothers

---

## Preparation and Materials Needed

None

---

## Expected Time

30 mins

---

## Key Messages

- Loving mothers have clean and beautiful hands
- 

## Game

### Play: "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:**

1. *Would anyone let this person feed your baby with these hands?*
  2. *What could be on these hands that harm the baby?*
- 

**Group Activity****Ask:**

1. *When do mothers wash their hands in this community?*
2. *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 babies' bottom*
  - *Loving mothers keep their babies healthy and strong by washing hands before feeding*
  - *Baby feces is very dangerous and can make people sick. Babies poop has even more germs that make people sick than poop from an adult.*
- 

**Bible Verse**

*"Teach children how they should live, and they will remember it all their lives." –Proverbs 22:6*

**Ask:**

1. *How does the handwashing behavior of mothers impact her children's health when they are young?*
  2. *How does the handwashing behavior demonstrated by mothers impact her children's behavior when they grow up?*
- 

**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.

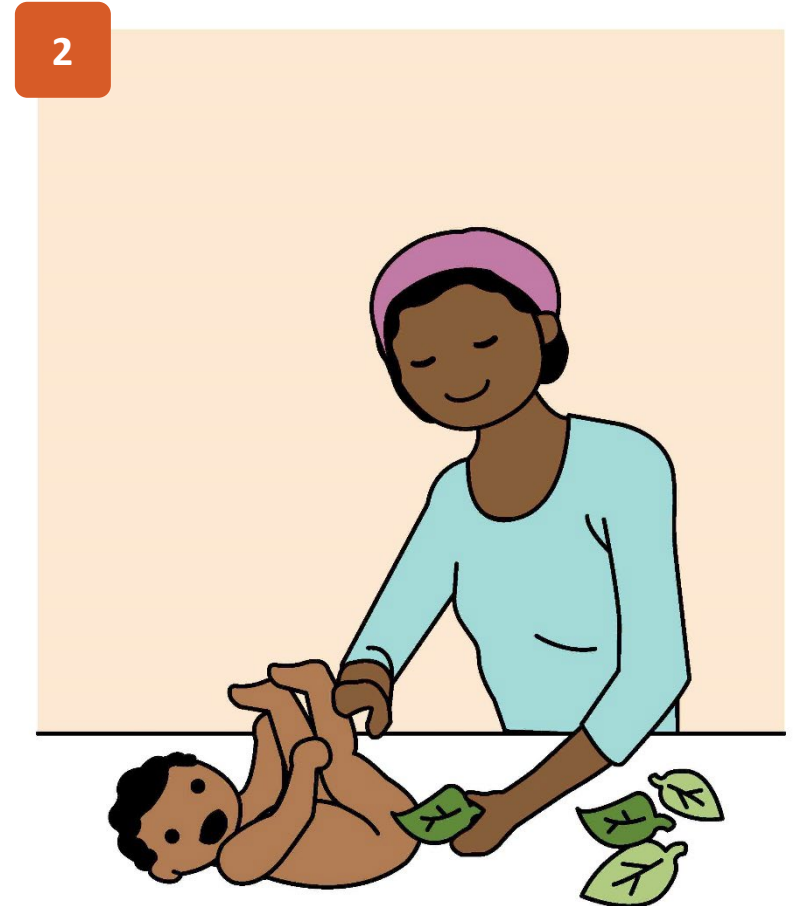
**Ask:**

1. *What are common times that mothers may be spreading germs and diseases to their children and families?*
2. *What is one action you can commit to in order to encourage handwashing by mothers?*

## When Mothers Wash Hands



1. Before cooking food



- After cleaning a baby's bottom

# Lesson 15: Healthy Children

---

## Preparation and Materials Needed

None

---

## Key Messages

- Healthy children are strong and smart
- 

## Game

### Play: “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.

---

## Group Activity

### Ask:

1. *What do you think a cold feels like? (ask question for worms, cold, flu, and cough)*
2. *How do you think you prevent a cold? (ask question for worms, cold, flu, and cough)*
3. *What diseases are common in this community among young children (under age 5)?*
4. *What do people do to prevent the spread of disease?*

Discuss the symptoms and ways to prevent diseases listed below. These diseases are common in children, but also afflict adults; they are easy to prevent. 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. (Optional: Show posters with disease blocking.)

<b>Diarrhea:</b> Symptom - watery feces, frequent defecation, stomach cramps To prevent diarrhea: <u>drink clean water</u> + <u>use a latrine</u> + <u>wash hands</u>	To prevent diarrhea: <u>drink clean water</u> + <u>use a latrine</u> + <u>wash hands</u>
<b>Worms:</b> Symptoms - stomach cramps, large belly, weight loss	<b>Worms:</b> Symptoms - stomach cramps, large belly, weight loss
<b>Cold:</b> Symptoms - headache, runny nose, sore throat	To prevent a cold: <u>wash hands</u>
<b>Flu:</b> Symptoms - nausea, headache, runny nose, fever, sore throat	To prevent the flu: <u>wash hands</u>
<b>Cough:</b> Symptoms - coughing and difficult taking deep breaths	To prevent a cough: <u>wash hands</u>
<b>Trachoma:</b> Symptoms – itchy eyes, eye pain, eyelid swelling	To prevent trachoma: wash hands + wash face
<b>Ringworm:</b> Symptoms – ring-shaped, red, scaly area on skin	To prevent ringworm: wash hands + wash body

---

## Bible Verse

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

### Ask:

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

## 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:

1. *What is one action you can commit to as a whole group to stop the spread of WASH-related diseases?*

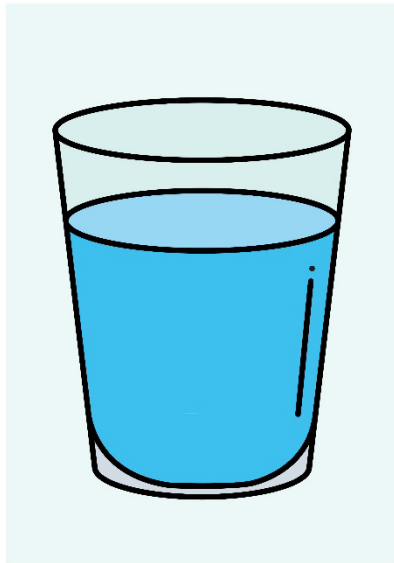


# Prevent worms by

## 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**



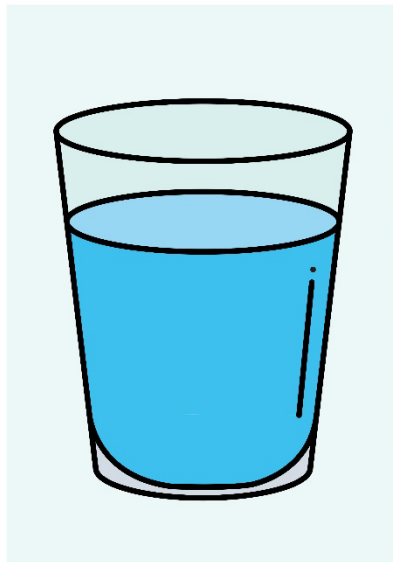


# Prevent diarrhea by

## 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

# Lesson 16: Maintaining Latrines

---

## Preparation and Materials Needed

None

---

## Expected Time

45 mins

---

## Key Messages

- Latrines need to be maintained regularly to work properly and stop the spread of diseases
- 

## Game

### Play: "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:

*"We must maintain our latrines to stay healthy and clean"*

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 says what the true message was. The message usually changes as it is passed along.

---

## Group Activity

### Ask:

1. Who can remind us of the parts of a latrine with dignity?
2. What do you do to maintain your latrine?
3. What are common maintenance issues with your latrines?
4. What local materials can be used for repairs?

Show latrine posters and **discuss:**

- *Latrines need to be maintained regularly to work properly*
    - *Proper maintenance of a latrine means ensuring repairs are done so it is working well and safe to use*
    - *If a latrine is maintained well it will reduce the spread of diseases and last until the pit is full*
  - *Check the latrine regularly to ensure it is working properly:*
    - *Sweep the latrine daily*
    - *Clean your latrine with soap/ash and water regularly to remove feces and urine stains*
    - *Keep the latrine as dry as possible to keep mosquitoes from breeding – you can use ash or charcoal to absorb water and odor*
    - *Keep the area around the latrine free of weeds and rubbish*
    - *Keep the pathway to the latrine clear to keep it safe to use at all times*
    - *Inspect the latrine building for cracks and repair them to keep dangerous creatures out of the latrine*
    - *Cut down tree branches near the latrine*
    - *Check for and repair leakages between the slab, floor, walls, door, and roof*
    - *Dig a new pit and prepare a new slab once the contents reach a level of 0.5 meters from the surface; fill the old pit with soil once the new pit is ready for use<sup>2</sup>*
- 

## Bible Verse

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” – Mark 12:30-31

### Ask:

1. *Why is loving neighbors such a high priority?*
2. *How does maintaining latrines relate to how we love our neighbors? (possible answer: we show love to our neighbors by protecting them from feces and disease by keeping our latrines safe and functioning)*



## 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:**

1. *What are things you can do today to keep your latrines working properly for a long time?*
2. *What is one change you can commit to as an entire group?*

## How to Maintain a Latrine



**Sweep latrine daily**



**Clean your latrine with soap and water regularly to remove faeces and urine stains**



**Keep the latrine hole covered as appropriate**



**Throw all paper and wiping material into the pit**



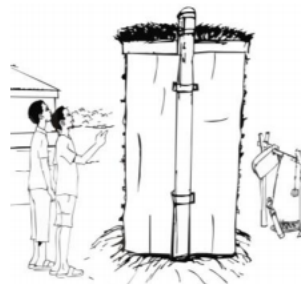
**Throw ash into your latrine to reduce odour**



**Keep the area around your latrine free of weeds and refuse**



**Make sure the pathway to the latrine is clear**



**Check your latrine regularly, and timely fix any needed repairs**



**Dig a new pit when your latrine gets full, move the slab to the new pit, and fill in the old pit**



# Lesson 17: Maintaining Handwashing Devices and Drying Racks

---

## Preparation and Materials Needed

None

---

## Expected Time

45 mins

---

## Key Messages

- Healthy families keep their handwashing station and drying racks ready for use
- 

## Game

**Play:** "Tippy Tap, Tippy Tap, Drying Rack"

A group of players sit in a circle, facing inward, while another player, who is "it", walks around tapping or pointing to each player in turn, calling each a "tippy tap" until finally calling one a "drying rack". The "drying rack" then rises and tries to tag the "it", while the "it" tries to return to and sit where the "drying rack" had been sitting before. If "it" succeeds, the "drying rack"

becomes the "it" and the process begins again. If the "drying rack" tags the "it", the "drying rack" may return to their previous spot and the original "it" restarts the process.

---

## Group Activity

Ahead of the lesson, identify a few handwashing devices and drying racks in the community that need minor repairs. Ask community members to bring them out to the Community Conversation.

Show the handwashing devices and drying racks,.

### Ask:

1. *Can someone demonstrate for us how to properly wash your hands?*
2. *What do you notice about the handwashing device?*
3. *What could we do to improve this handwashing device?*
4. *What are some things we should do to maintain our handwashing devices?*
5. *What do you notice about the drying rack?*
6. *What could we do to improve this drying rack?*
7. *What are some things we should do to maintain our drying racks?*

### Discuss and show posters:

- *It is important to take good care of our belongings, like our tippy taps and drying racks, to ensure they last a long time so our families can benefit from them*
- *Handwashing devices need regular maintenance, such as:*
  - *Checking to make sure there is water available for use daily and refilling when necessary*
  - *Keeping a steady supply of soap, or ash if soap is unavailable, daily*
  - *Cleaning the outside of the handwashing device with a brush and soap daily*
  - *Repairing any broken string and replacing any cracked pieces*
  - *Cleaning the inside of the handwashing device once per week with safe water and soap*
  - *Digging a deeper soak pit or adding more rocks if it gets muddy around the handwashing device*

*Drying racks also need regular maintenance, such as:*

- *Wiping down the surfaces of the drying rack to remove dust weekly*
- *Replacing any cracked or broken pieces as necessary*
- *Tightening any loose arms or shelves*
- *Digging a deeper soak pit or adding more rocks if it gets muddy around the handwashing device*

---

## Bible Verse

*"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'" – Matthew 25:23*

### Ask:



1. *Why does the master put the servant in charge of more things?*
  2. *What are some small ways we can be faithful to take care of what we already have?*
- 

### **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.

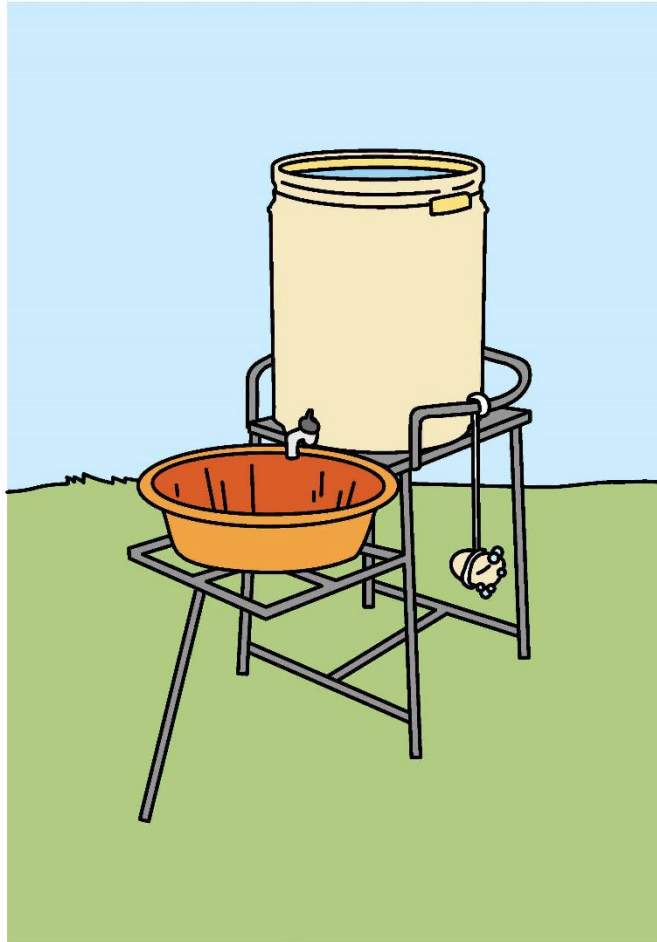
**Ask:**

1. *What are ways you could maintain your handwashing area?*
2. *What are ways you could maintain your drying racks?*
3. *What is one change you can commit to as an entire group?*

# Proper Handwashing Device

A handwashing device has soap/ash 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
- Should be an appropriate height for children



## Drying racks with soak pits, washing platforms, and tippy taps



# Lesson 18: Maintaining Your Water Point

---

## Preparation and Materials Needed

Water committee poster

---

## Expected Time

45 mins

---

## Key Messages

- Caring for your water point will keep the water flowing and your family healthy
- 

## Game

**Play:** “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

---

## Group Activity

Show the two posters: 1) Safe Drinking Water and 2) Protected Water Sources.

### Ask:

1. *Who is responsible for the maintenance of your water point?*
2. *Why should we care for our water point?*
3. *What are some simple things we can do to keep our water point safe?*

### Discuss:

- *Everyone can do simple things to keep our water point safe and working for a long time*
- *Maybe your community could have a water committee that helps:*
  - *Keep the environment around your water point clean, including keeping a fence to keep out livestock*
  - *Collect user fees that can be saved in a bank account and used for maintenance when needed*
  - *Keep water flowing from the water point by arranging maintenance as needed*

*The water committee could meet on a monthly basis to discuss and resolve any issues with the water point*

*All community members can help the water committee maintain the water point by:*

- *Paying user fees on time*
  - *Removing any rubbish or feces from around the water point*
  - *Taking care of the water point fence*
  - *Don't pump well water continuously – pump a few times and wait for water to come. Pumping continuously may cause undesired wear on the water point*
- 

## 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:

1. *What does it feel like to be extremely thirsty?*
  2. *In what ways does Jesus remove our thirst?*
-

## 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:**

1. *Why is it important to take care of our water point?*
2. *How can you help ensure that your water point stays safe and keeps working for a very long time?*

# Functional Water Committees

- Keep all water points fenced and well-maintained
- Keep the water flowing
- Collect user fees regularly
- Save fees in a bank account
- Meet regularly



# **Community WASH Conversations Poster Set**



