

## Clean Water & Healthy Habits

ZIM-SIZ-CWH-P01



Bulawayo area, Zimbabwe



Water

Budget \$15,900

Project Timeline

FULLY FUNDED

JAN 20

DEC 21











### Overview

The project incorporated a multifaceted approach to health and hygiene. Our partner ran education sessions through PHHE (Participatory Health and Hygiene) programs in nine poor, rural primary schools in the Bulawayo region. The program involved a hands-on, participatory style of teaching through drama, song and dance. School health clubs were formed to keep up active interest and participation in healthy sanitation habits where students and teachers are involved. The project has been extended by one year due to the impact of COVID-19 lockdowns/restrictions. COVID-19 has proved to be an ideal time to teach sanitation habits. We are admire our partner's persistence.

### Objectives

### Impact

 <p><b>PPHE Programs delivered in 9 schools</b></p>	<p>One-week Participatory Health &amp; Hygiene (PHHE) programs held in 9 schools (1 high school) in the Bulilima District and Midlands Province. Information sharing with community representatives increased buy-in and community participation.</p>	
 <p><b>3183 children received training</b></p>	<p>3183 students received training in water, sanitation and hygiene (WASH) as well as COVID prevention. Merging WASH and COVID messaging helped to reinforce learning as the concepts taught had to be demonstrated and practiced.</p>	
 <p><b>Books distributed &amp; teachers trained</b></p>	<p>3297 workbooks were distributed to students, with each school receiving extra for health clubs. The workbooks enable students to continue learning - teachers have been trained to deliver PHHE sessions through them.</p>	
 <p><b>9 health clubs established</b></p>	<p>9 Health Clubs were established to continue health awareness and promote clean toilets and grounds. Improvements in knowledge retention following PHHE sessions is linked to the efforts of health clubs.</p>	

### Life change

- Clean water reduces illness and increases school attendance and capacity to learn
- Improved health and hygiene practices enables children to take better care of themselves for the long-term
- Teachers are better equipped to provide ongoing guidance and carry on the WASH training with a comprehensive curriculum
- Families will benefit as knowledge is transferred from school to home





## Bhekithemba's Story

My name is Bhekithemba Moyo and I am 10 years old. I generally don't enjoy school but the week we did the PHHE program was a highlight. We learnt about health and hygiene in fun ways that are easy to remember. I love to sing and enjoyed all the dances and songs used to teach us healthy habits. During the exams, it was easy to recall everything as I would sing all the songs in my head. Before the program, my friends and I used to purposely urinate and graffiti with our faeces on the walls. The teachers would always complain but we found it hilarious. After learning how much of a health hazard it was, we agreed never to do it again!



**Week-long PHHE programs were delivered in each school by trained volunteers to all year levels, with COVID prevention measures incorporated into the sessions. Workbooks were provided to monitor and evaluate retention and behaviour change.**

## Sane's story

I am Sane Khumalo, a grade 5 pupil at my local primary school. I had no idea about the importance of washing my hands after using the toilet and before handling food. I used to think it was only necessary if they had been soiled and appeared dirty. We were taught about the 3F cycle of food, faeces and flies. The cycle demonstrated how we can transfer germs onto our food and hands and why it is always important to wash our hands and food all the time. A lot the students sometimes have diarrhoea and now we understand how we contract it. I'm so glad we were taught about why we should wash our hands and need clean safe water!

