

Practice Lesson 1: Behaviour Change Strategies**10 minutes total****Lesson Description**

In this lesson, participants will discuss strategies to help members of their community change their hygiene behaviours to create positive changes in health.

Learning Outcomes

At the end of this session participants will be able to:

1. Identify strategies to influence their communities to adopt good hygiene practices.

Materials

- Flip chart paper
- Case Study (See end of lesson plan)*
- Markers
- Sticky notes

Preparation

- Read and prepare lesson plan
- Pre-read the *Case Study* story and be prepared to read it out loud

Introduction**2 minutes**

1. Ask the participants to think about a bad habit that they have and what would help them to change that bad habit.
2. As a large group, share some ideas of what people need to change their habits.
3. Present the lesson description or learning outcomes.

Strategies for Behaviour Change**6 minutes**

1. Read the *Case Study* story of the little boy to the participants.
2. Divide the participants into groups of 2-4 people. Give each group a bundle of index cards.

Ask the groups to write down 3-5 strategies that the boy could use to influence his classmates to wash their hands. The groups must write one answer per card and will have 2 minutes to complete this.

3. Explain that the participants should try to think of:
 - What would motivate people to change their behavior
 - Things which give people the ability to practice the behaviour
 - *Ex: make a poster, teach them how to wash their hands, bring the sink closer, etc.*
 4. Rotate through the groups and ask each to share one new idea. Continue to rotate through the two groups until all the ideas have been shared.
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Review**2 minutes**

1. Ask the participants to think of one person in their community that they would like to support to change their behaviour.
 2. Ask them to think of the 2 most effective ways to support the person in their behavior change.
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Reflections on Lesson

Case Study: The Hand Washing Experiment

A young boy learned that washing hands before eating could prevent sickness. He knew that many children in his village did not wash their hands before eating and he wondered how he could get them to change their behaviour. The boy decided he would try an experiment.

The boy invited 12 children to come to his classroom to put together a puzzle. He told them that once they completed the puzzle they would be allowed to eat some delicious cakes. Before the children began to work on the puzzle he warned them that the last child to play with this puzzle had been sick and there would be many germs on the puzzle pieces. He showed them soap and water at the far side of the classroom that they could use to wash their hands before eating the cakes.

The children worked together to complete the puzzle and then immediately went to the plate of cakes and began eating. Not one child stopped to wash their hands first. Obviously, the warning about germs was not enough to make them wash their hands. The boy knew he would have to try something else.

