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FROM THE AMERICAN PEOPLE



HANDBOOK FOR HOUSEHOLD BEHAVIOUR CHANGE



BushProof



GUIDE FOR THE HANDBOOK USE

ABOUT THE HANDBOOK IN GENERAL

The purpose of this handbook is to facilitate the mobilization of the households during group visits and group discussions, making them Model households and for them to receive all behavior petals when adopting the targeted 6 healthy behaviors on Water, Sanitation and Hygiene (**WASH**), promoted by RANO WASH.

The Handbook pages are of two types:

- The Pages illustrated with **PICTURES**: for the households to visualize the steps, the goals they want to achieve for them to get the petals.
- The pages with **QUESTIONS** or **DISCUSSION GUIDES** and **INSTRUCTIONS**: the local promoters will find the questions to ask the households in order to facilitate feedback and engagement, and easily move towards behavior change. It is not a must to take notes all the answers. The local promoters may ask other questions that may facilitate the conversation within the households

THE 6 BASIC BEHAVIORS TARGETED BY RANO WASH

4 basic behaviors

- 1- Use of improved toilets – e.g. - with hand washing device, and not shared; and (i) Pouring ashes into the toilet pit after each defecation, (ii) Children who cannot use the toilet use a hygienic pot, (iii) Cover the toilet pit and / or "hygienic pot", and/or the container of papers or any materials after used to clean after defecation, (iv) Cleaning the toilets.
** (a) This toilet is accessible to all household members (whether male or female, pregnant or not, children or young people and old, disabled or not), (b) and everyone take responsibilities to keep the toilet clean.*
- 2- Washing hands with clean water and soap, and have Hand Washing Device with soap and water. Washing hands with soap every time (i) before cooking, (ii) before eating, (iii) before feeding or breastfeeding, (iv) after defecating, (v) after taking care of a defecating baby.
** (a) Accessible hand washing device for everyone in the household (whether male or female, pregnant or not, children or young and old people, disabled or not); (b) All household members are involved in the taking care of the hand washing device.*

3- Using clean and safe water:

(In those Communes without any RANO WASH infrastructures)
Using Water from improved sources like covered well that is located 20 meters from the toilet, (i) Using and drinking water from water supply pumps, safe water or boiled water or sûr'eau purified water. (ii) Washing recipients used to retrieve water with safe water and soap (iii) Regularly cleaning the water storage recipient with safe and soapy water (iv) Covering the water storage recipient

(Where RANO WASH infrastructures are located)
Purchasing and using private and social water connections sold by water management companies;

** (a) Water connections are suitable for all; (b) Everyone in the household participates in the activities needed to provide safe water*

- 4- Respect for hygiene, having clean and hygiene places to wash food and utensils, and: (i) washing fruits and vegetables in safe, clean water, (ii) Washing kitchen utensils with safe and detergent water after use, (iii) Eating well cooked and warm food, (iv) Covering food, (v) Playground for playing and walking children protected from dirt

** (a) Allocation for food and kitchen utensils is appropriate; (b) Everyone in the household participates in the tasks needed to keep the kitchen and utensils clean*

Extra 5th behavior

- 5- Being able to maintain hygiene during menstruation, through the use of bathrooms with water and soaps. Therefore in the household: (i) Women and girls often wash during menstruation. (ii) Women and girls wash their sanitary towels with water and soap after use and then dry them to the sun, (iii) - Everyone in the household is not ashamed and hesitant to talk about menstruation because it is natural.
** (a) Is the washroom suitable for all; (b) Helping the household to enable the woman / girl to face their menstruation properly*

The 6th behavior is reflected in the 4 basic actions and the additional 5 behaviors:

- 6- Men and women work together to carry out healthy behaviors practices regarding Water, Sanitation and Hygiene, in their home. This 6th behavior is written in each behavior description, preceding the marks * (a) and (b).

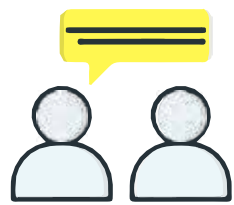
Which of these pictures are closest to your current situation?



Behavior I: Use of improved toilets

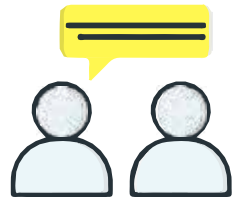
DISCUSSION GUIDE

How is your toilet? (Wall, door, floor, pit, etc.)? Why?



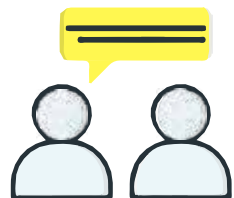
(If the household uses a toilet, the interview is conducted near the toilet in question to see whether the toilet in question is clean or not)

What are the challenges when using this toilet?



- Does it smell?
- Is the pit easily filled?
- Is it weak?
- Is it used by other households?
- Are all users involved in the care of the toilet?
- Where is the hand washing?
- Is it easy to clean?
- Is it easy to collapse?
- Are there many users?
- Is there a hand washing device near it?
- Can everyone use it at home?
- Where are children who cannot access the toilet going for defecation?

How can all these affect you?



Which of these solutions could you work on? Are there any other solutions?



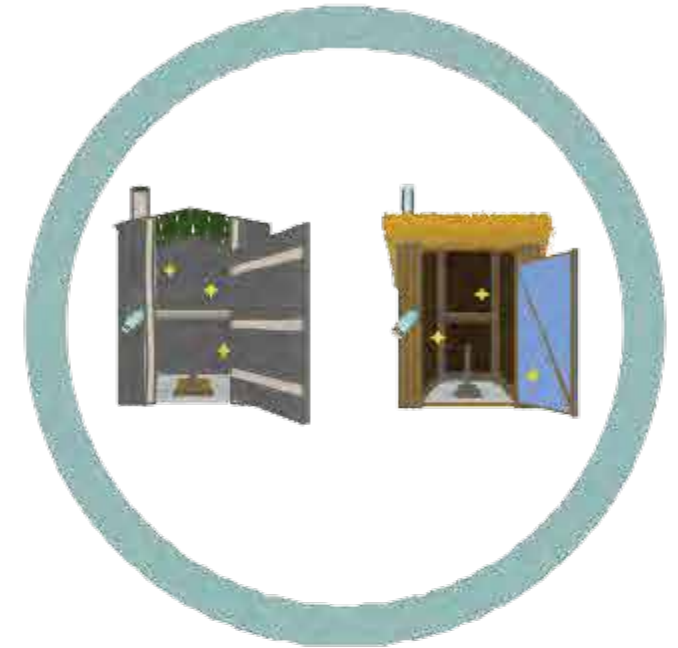
Signing up for VSLA membership



Hiring a professional toilet builder



Men and women working together to build a toilet

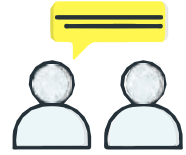


OFFER FOR STANDARDIZED TOILET FOR SALE BY LOCAL BUILDERS

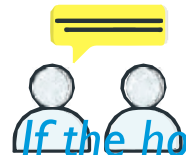
Behavior I: Use of improved toilets

DISCUSSION GUIDE (Continued)

What solutions would you propose to solve these problems?

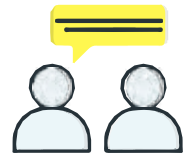


If you don't mind, here are some proposed solutions that I can share with you?

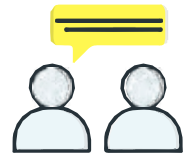


If the household is interesting, they can be shown the pictures at the back page (VSLA - Local builders, etc.)

To get in touch with the nearest "Local Builders":



To contact Community Agents / PSP to talk about VSLA:



.....

What is the best solution for you to get the toilet you want right away?



(If you share a toilet with another household that does not have one). What measures would you take to help the household have its own toilet?

Symbol of the Model household - Yellow petal for use of improved toilets



Congratulations on getting the yellow flower!
You already look like a real Model household!!



Behavior I: Use of improved toilets

When using improved toilets (cleanable – covered – with hand washing device) we will decorate your household with a YELLOW petal.

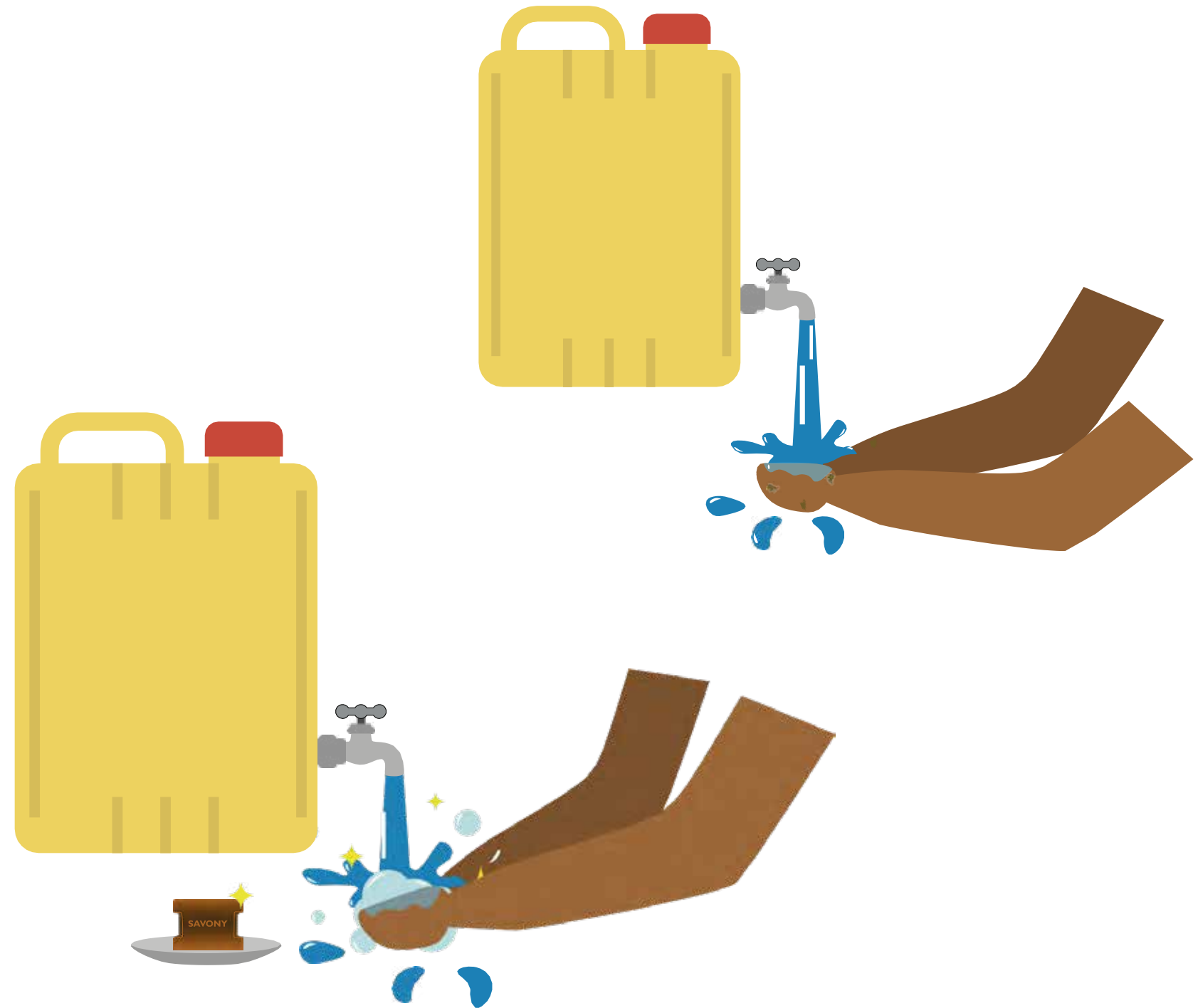
The purpose is to receive all petals to symbolize the household is an improved one.

This household is truly an improved one:

MODEL HOUSEHOLD

When given the petal, the household will be asked about its satisfaction and the changes it has made.

Which of these pictures are closest to your current situation?



Behavior 2: Washing hands with clean water and soap

DISCUSSION GUIDE

Interviews are held near the hand washing device, if they have one



Who is most active in washing hands at home?



How do you wash your hands? What tools do you use?



Can everyone in the household use the hand washing device?



Whose responsibility is to refill the washing recipient with water?



(If not washing hands with soap) What is the problem with this hand washing method?

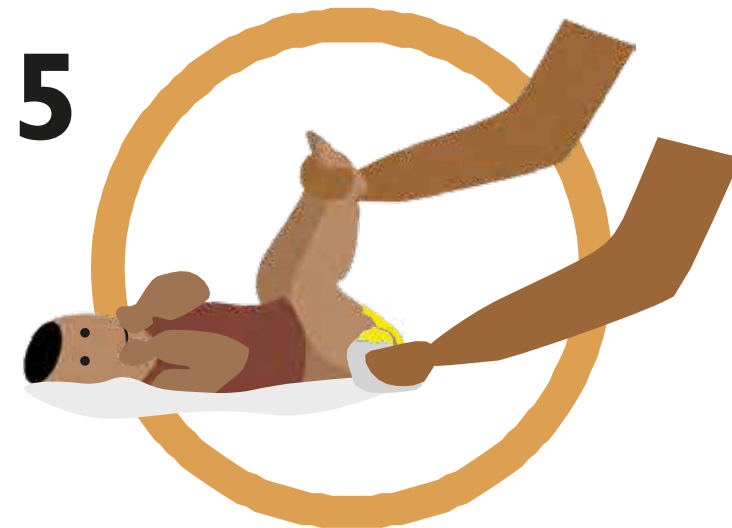
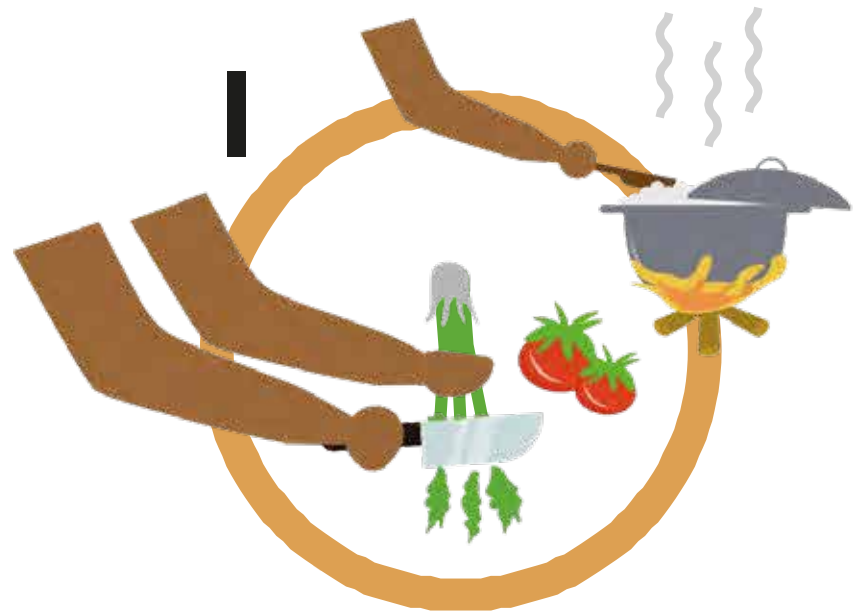
- How long does it take for the hands to be clean?
- Is it easy to remove dirt from the hands?
- Does it remove invisible dirt such as germs that can irritate the stomach?



What is the solution?

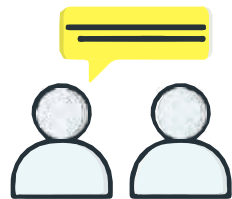
I have a suggestion for you if you don't mind: **Apply soap: apply less than one minute and remove all dirt (both visible and invisible), at great cost.** To facilitate this, there are hand washing and dishwashers that may be of interest to you. Look at this. You can make or even buy!

When in these situations do you really wash your hands for?

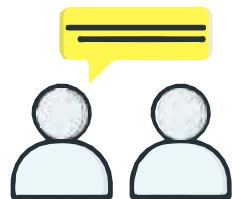


Behavior 2: Washing hands with clean water and soap

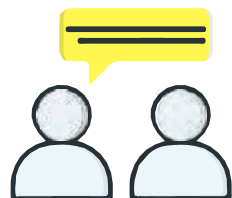
DISCUSSION GUIDE



How often do you wash your hands a day? When? Why?



What other times are we supposed to wash our hands if not mentioned?



... This is true, in addition to that and to sum up what you have said these are the 5 basic situations to wash hands for *(show the pictures in the background)* *When is it easier to wash our hands? What solutions would you propose to facilitate hand-washing for these situations?*

So now let's wash our hands with soap and let's do it properly (demonstration) *(Check out hand washing and home remedies for hand hygiene techniques)*

Symbol of a Model Household - Orange petal when washing hands with soap



Congratulations on getting the orange petal! It already looks like a real model household!



Behavior 2: Washing hands with clean water and soap

When **your household washes hands with soap during the 5 basic situations**, we will symbolize it by providing you an **ORANGE** petal. The goal is to have all the petals to indicate that this household is truly an improved one:
MODEL HOUSEHOLD.

When given the petal, the household will be asked about its satisfaction and the changes it has made.

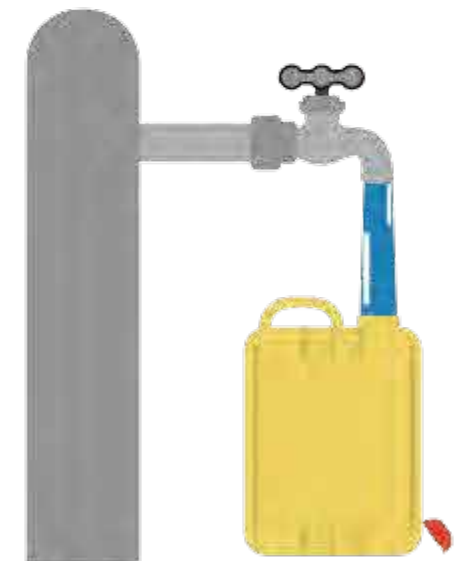
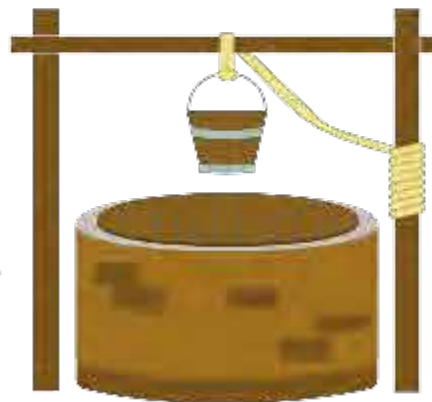
Which of these pictures is closest to your current situation?



Less than
20 meters

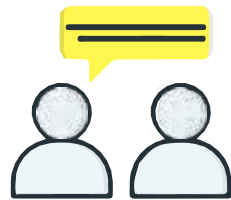


20 meters

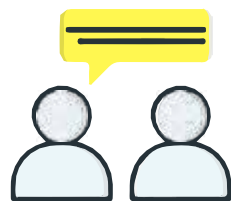


Behavior 3: Using clean and safe water

DISCUSSION GUIDE



How is your water source like?
(If possible visit the water source

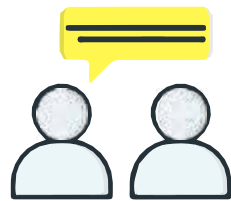


(In case of unsafe sources)

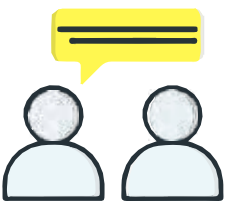
What is the problem with your water supply?

- Is it protected from dirt?
- Is it far?
- Is it difficult to remove?

How often do you fetch water every day? How much does it cost? Is the water source suitable for everyone? Who guarantees access the fetching of water at home?



What is the impact of that? What are some possible solutions to solve this problem? *(If there are no RANO WASH infrastructures)* If you are interested, RANO WASH facilitates access to water for households; that worths Ar



How can the household best access to safe and clean water?

How do you handle drinking water?

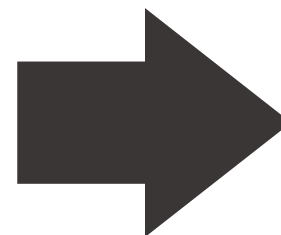
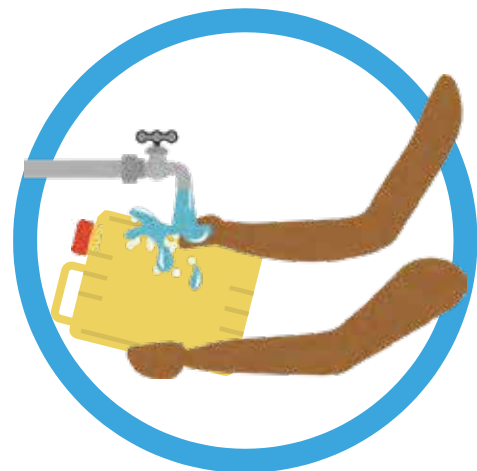
If Pumps Provide Safe Purified Water



2

3

4



If a well is protected from dirt

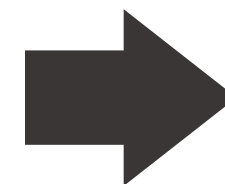
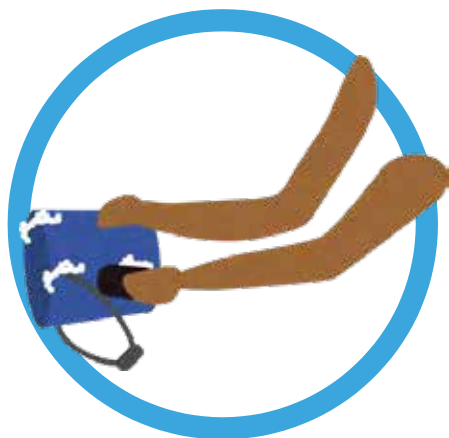
1

2

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4

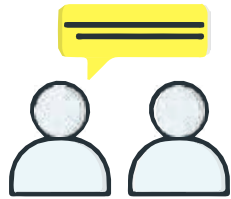
5



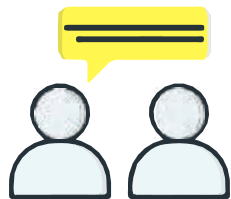
Behavior 3: Using safe and purified water

DISCUSSION GUIDE

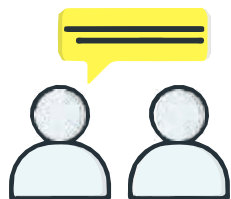
(Conversations are resumed at a water storage area of the household (e.g., kitchen, etc.)



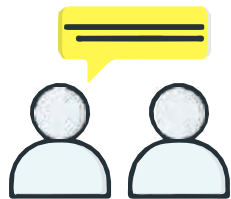
What to do with water containers (bucket/can, ...) before putting water in it?



What to do with water containers (bucket/can, ...) after putting water into it?



What do you do with water before you drink it?



To summarize and add to what you have said, here is a picture of how drinking water is used and treated.

(Show related pictures in the background)

Now let's practice these behaviors together if we are not used to practicing some of them (demonstration)

(Check whether the water to drink is purified; check whether the water containers are clean and covered)

Symbol of Model household - Blue petal when using purified safe water



Congratulations on getting the blue petal! It already looks like a real model household!



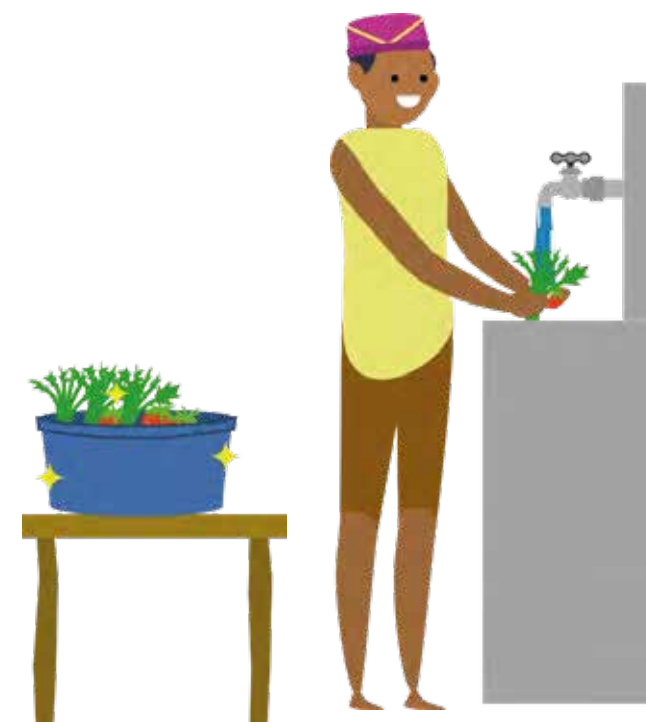
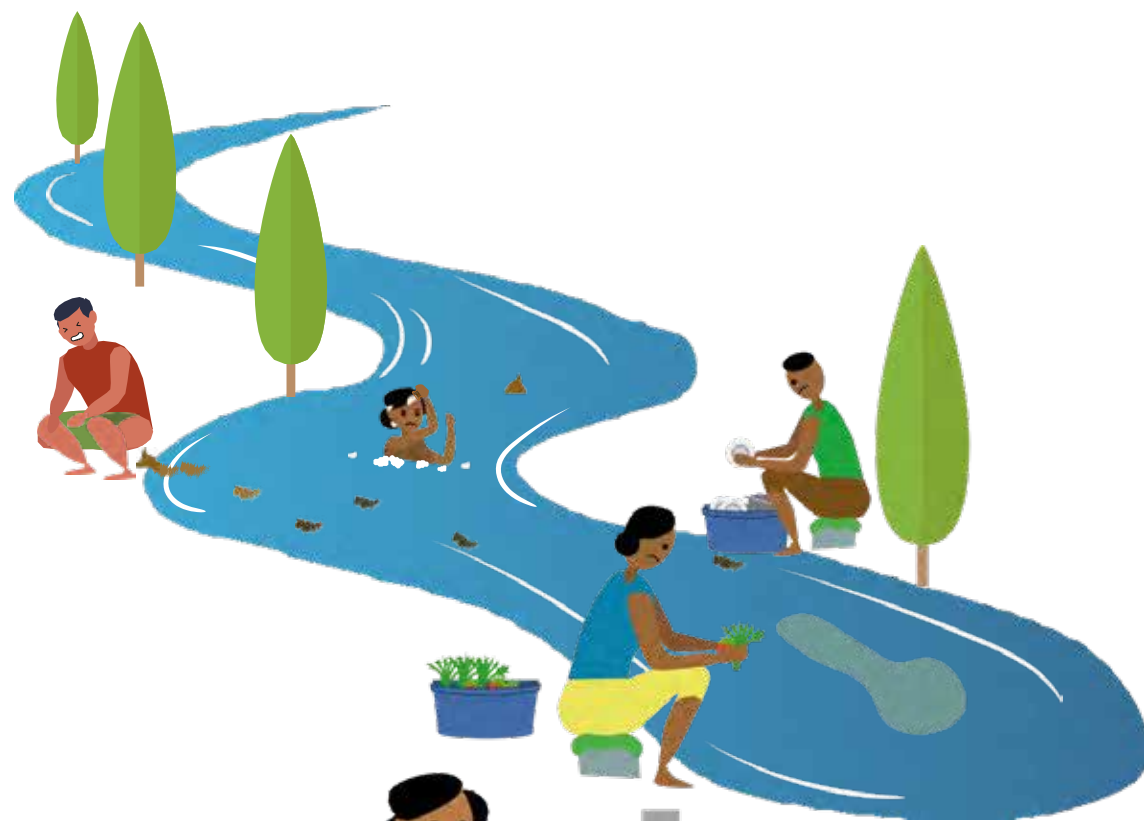
Behavior 3: Using safe and purified water

When your household uses safe and purified water (purified drinking water - clean and covered containers), we will provide it with a BLUE petal. The goal is to have all the petals to indicate that this household is truly an improved one:

MODEL HOUSEHOLD.

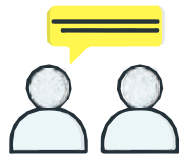
When given the petal, the household will be asked about its satisfaction and the changes it has made.

Which of the following pictures are closest to your practice regarding food hygiene and nutrition?



Behavior 4: Maintaining food hygiene

DISCUSSION GUIDE

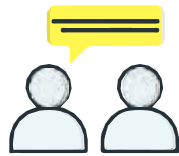


Where do you do the dishes and prepare food?

(Then, move to the dishwashing and cooking area; this visit should coincide with the dishwashing or meal preparation time)

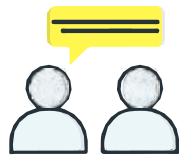
Can it guarantee the cleanliness of the dishes and food hygiene?

How can it be improved? Is this place suitable for everyone in the household? Who is doing the cooking? Who is doing the dishes?



What problems might be encountered when using it?

- Are food and dishes protected from dirt?



In case of problem, how would you work it out?

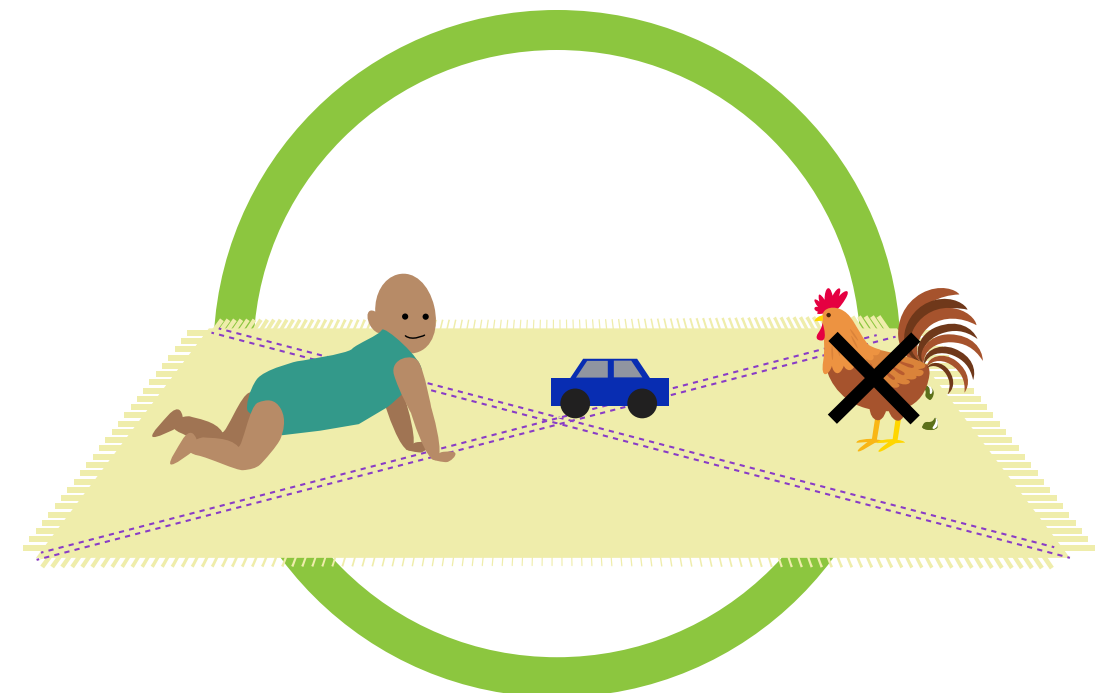
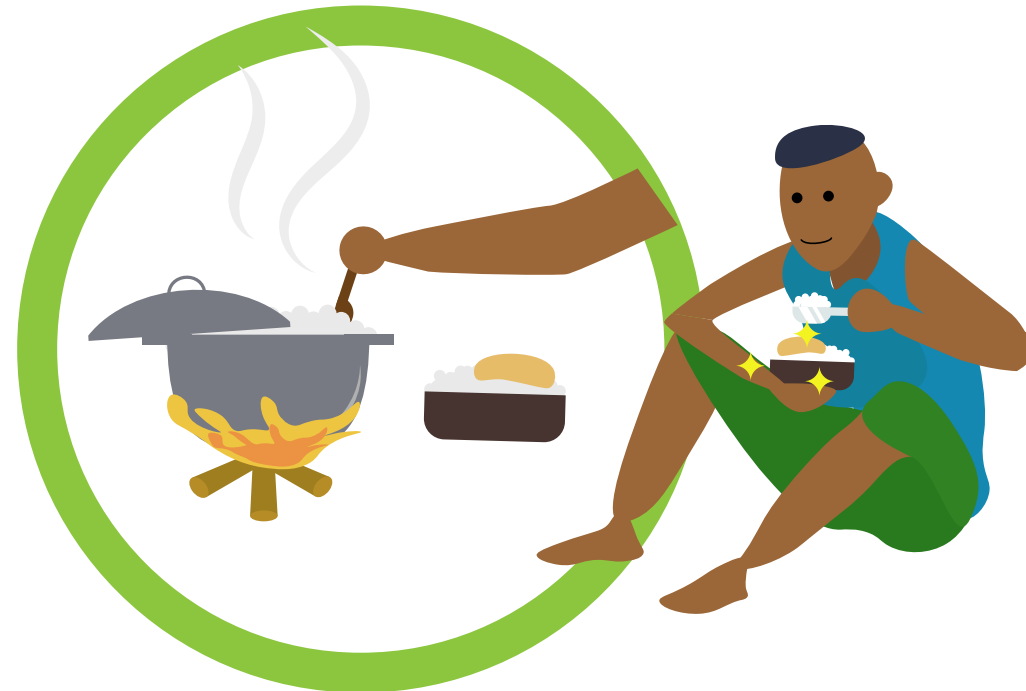


... That's right, to add to what you said, if you don't mind, here are some pictures of solutions (someone doing the dishes in a container near the house, or in the sink). The goal is to keep food and utensils clean



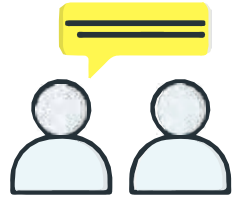
What is the best solution for your household to keep food and utensils clean?

What do you do to maintain food hygiene the toddler's playground?

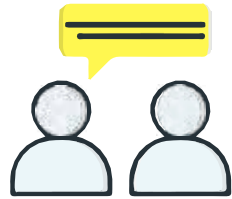


Behavior 4: Maintaining food hygiene

DISCUSSION GUIDE



What do you do before you eat fruits and vegetables?



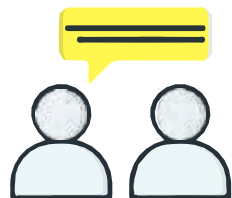
Can you show me how you prepare well-cooked meals?

(Examine his method and listen to his story)

Your food preparation is really interesting, thanks for sharing. I would also like to share with you the basic steps that a cook should take in order to eat hygiene food (refer to the pictures at the back).

So let's practice these behaviors together since some of them remain unfamiliar (demonstration)

(Check if fruits and vegetables have been washed, if food has been well cooked and covered)



Why should we wash and cover food?

Where is the toddler's playground?

Symbol of a model household - Green petal when respecting food hygiene



Congratulations on getting the green petal! It looks like it is already a model household.



Behavior 4: Maintaining hygiene food

When your household **respects food hygiene (do the dishes and the cooking in a dirt-free environment - eat fruits and vegetables washed in clean water - eat well cooked and covered food)**, we will provide you with this a **GREEN** petal. The goal is to have all petals to indicate that this household is truly an improved one:

MODEL HOUSEHOLD.

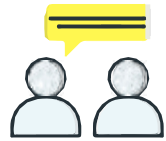
When given the petal, the household will be asked about its satisfaction and the changes it has made.

Which of the following pictures are closest to your personal hygiene practices?



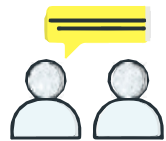
Behavior 5: Maintaining hygiene during menstruation

DISCUSSION GUIDE



Where do you wash (both men and women)?

(Visit the area together)



What are the problems that you encounter when washing in this area? Do women use the same area during their menstruation?

- Is the body kept out of dirty water when washing in this area?
- How far is it to go? Is it easily accessible?
- Is the place protected or it is accessible to men and everybody's view?
- Do women feel comfortable when washing in?
- Can you wash in there for a certain amount time? And is it accessible anytime, in the morning, or in the evening?
- Is the washroom suitable for everyone?



What impact does this have on women and the household?

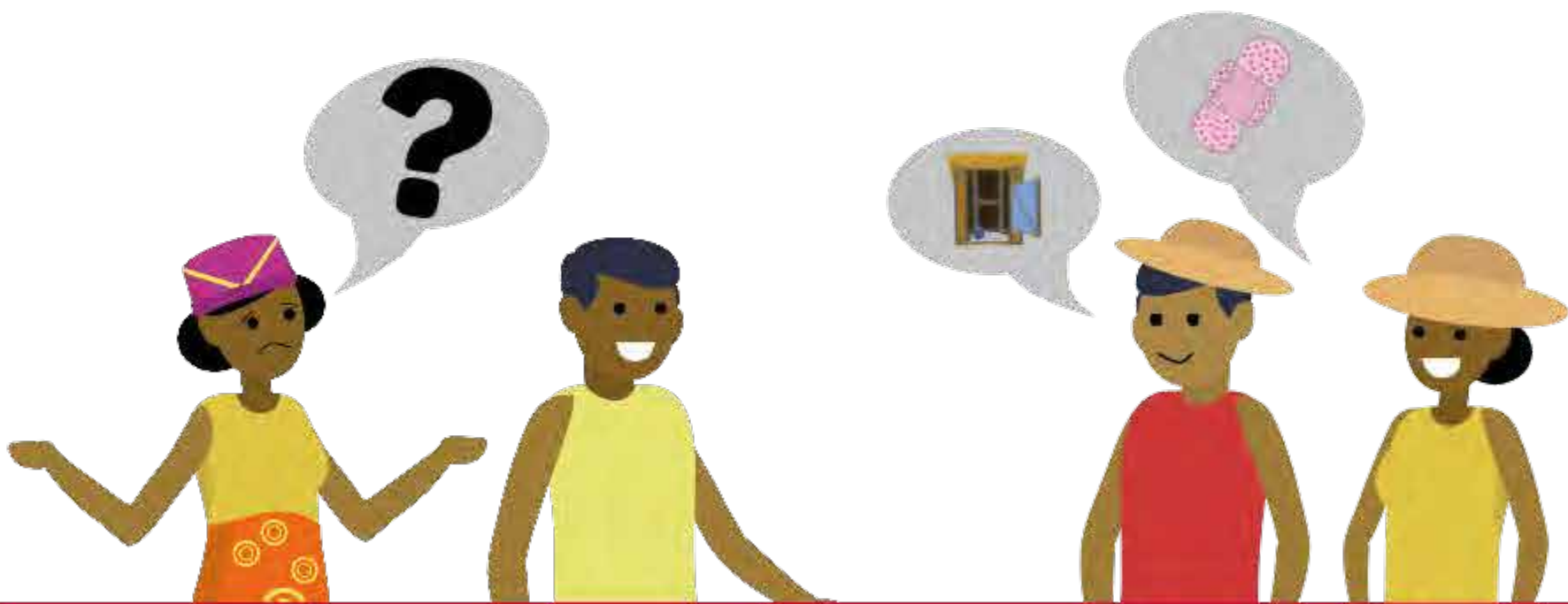


What solution would you propose? What measures have you taken?



What kind of washroom do you want to build?

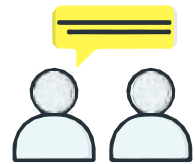
You may be interested:



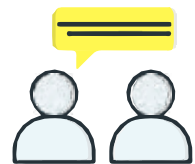
It is easier to deal with menstruation when supported at home.

Behavior 5: Maintaining hygiene during menstruation

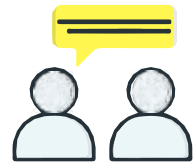
DISCUSSION GUIDE



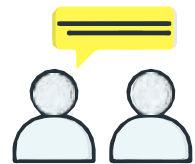
Apart from the washroom context, how does the woman live her menstruation?



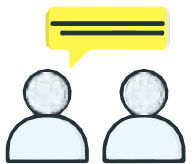
Have you ever discussed on how to facilitate women's menstruation hygiene management? *(If not)* Why? *(If so)* What problem has been solved by this debate?



What types of sanitary towels are used? How do they deal with them? How do they wash it and where do they throw it?



If you are interested, we work with a reusable sanitary towels seller, easy-to-use, and reusable...



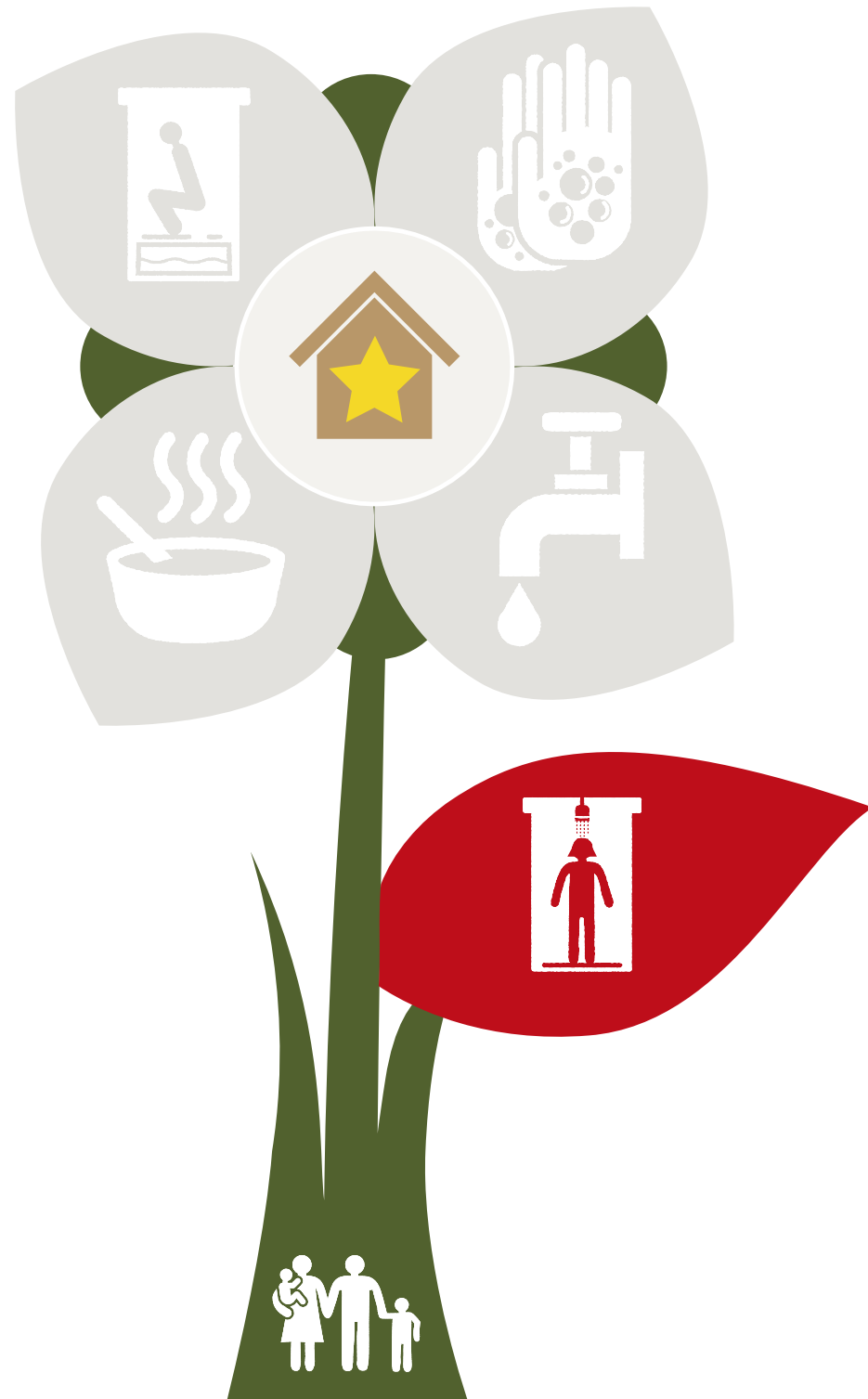
If you are interested, we also work along with builders who can create a bathroom for you...



To sum it up, during menstruation, here are how we can maintain hygiene during menstruation *(show the pictures)*

So let's practice these behaviors together since we may not be familiar with them (demonstration)
(See where they wash and their sanitary towels, if they dry them under sunlight)

Symbol of a Model household - Red petal if they can maintain their hygiene during menstruation



Congratulations on getting the red petal!
It already looks like a real Model Household!



Behavior 5: Maintaining hygiene during menstruation

**When managing their menstrual hygiene (women and girls often wash and change their sanitary towels - they clean them and dry them under sunlight – the family members talk about menstrual hygiene), we will symbolize that with the red petal. The goal is to have all the petals to indicate that this household is truly an improved one:
MODEL HOUSEHOLD.**

When given the petal, the household will be asked about its satisfaction and the changes it has made.

Best of luck to all the community agents working on the household behavior changes!

Do not forget that each and every behavior described in this handbook encourages the household you are taking care of to change!

Therefore, changes and leadership starts from you.



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