

ACTIVITY BANK

COMPARATIVE HYGIENE DISCUSSION

PURPOSE

To compare hygiene practices and norms in the United States to refugees' countries of origin and/or protection.

INSTRUCTIONS

1. Ask participants to define the term "hygiene." Explain that for this lesson, hygiene includes personal cleanliness, maintaining the home, and respecting public spaces.
2. Ask participants to consider hygiene practices in their countries of origin and/or protection. Ask them: What did it mean to be clean in these places? How did people keep their homes clean? What about public spaces? Why was it important to have proper hygiene? Record the responses on a flip-chart.
3. Use the Hygiene in the United States Guided Worksheet to guide participants in learning about hygiene in the United States. See Appendix for [Hygiene in the United States Guided Worksheet](#). As appropriate, provide participants with the **Hygiene in the United States** fact sheet or play the podcast.
4. If participants are already familiar with hygiene norms in the United States, invite them to share that information.
5. Finally, ask participants to compare their countries of origin and/or protection with the United States. What is similar about hygiene? What is different?
6. Ask if participants have any questions about hygiene practices in the United States. Address questions as time permits and make note of any questions that may require additional follow-up.

SCENARIOS ACTIVITY

PURPOSE

To identify positive and negative hygiene practices and benefits and consequences of practicing proper hygiene in the U.S.

INSTRUCTIONS

1. Provide participants with different scenarios (and corresponding images) and either guide them through the discussion points, or have the participants work in groups to respond (depending on the group and the participants' abilities and level). See [Appendix for Scenarios Activity](#).
2. Review responses of the scenarios together. As appropriate, make lists on flip-chart paper for positive and negative hygiene practices, as well as a list of benefits and consequences of practicing proper hygiene in the United States.

MODIFICATIONS & TIPS

- Create a safe and comfortable environment.
- Ensure that participants know that it is okay to ask questions.
- Remind participants to respect each other's answers.
- As possible, include information specific to different genders and consider delivering this lesson in a **gender-segregated CO session**. As time permits, and as appropriate, include additional exercises that allow participants to practice good hygiene; for example, how to properly wash hands and/or dispose of feminine products.

MODIFICATIONS & TIPS

- You can adapt and alter scenarios, including images and/or use of realia, to best fit the context for the group of participants. For example, consider showing real hygiene products and asking learners when, how, and why they should use them.
- You do NOT need to use all scenarios provided, and may elect to only use one scenario.
- Depending on participants, CO provider can conduct this as a group activity. If applicable, this activity provides an opportunity to link back to the Comparative Hygiene Discussion.

SCENARIOS ACTIVITY

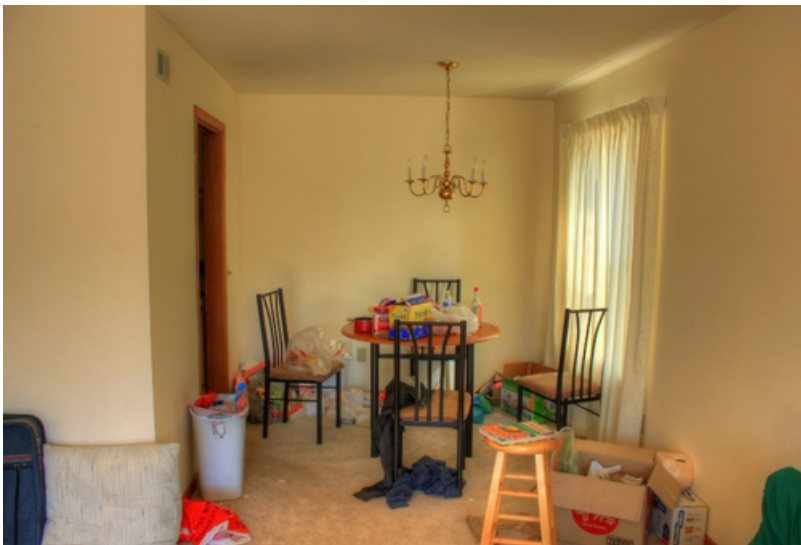
Select scenarios prior to lesson. You can adapt the scenarios as necessary to ensure relevancy to your participants. Answers are provided after each scenario.

SCENARIO 1:

Alice is a newly arrived refugee. She has three children and lives in an apartment building. Look at the images of her home. Answer the following questions.

Questions:

1. How can Alice improve hygiene in her home?
2. What are the potential consequences for Alice, if she does not improve her home?



Answers:

1. Clean dishes; clean counter; throw away trash; store food properly; use shower curtain; vacuum carpet; put clothes and other items away.
2. Pest infestation; problems with landlord; water damage in bathroom (no shower curtain).

SCENARIO 2:

Fahed is new to the United States. Today is his first day at his first job. Look at the images below of what Fahed is doing to prepare for work. Answer the following questions.

Questions:

1. How does Fahed practice proper hygiene as he prepares for work?
2. What are the benefits of Fahed practicing proper hygiene?



Answers:

1. Clean and neat clothes; using deodorant; showering; clean hair.
2. Keeping his job; positive impression on others with whom he works.

SCENARIO 3:

Joseph and Sabina are celebrating their first month in the United States. They are having a picnic in a local park. Look at the image. Answer the following questions.

Questions:

1. What will Joseph and Sabina need to do after their picnic to practice proper hygiene?
2. What is the importance of respecting public spaces?



Answers:

1. Properly store any food they do not eat and bring it home with them; throw away any trash in a proper trash can; wash their hands.
2. There are norms, rules, and in some cases, laws about how people use and behave in public spaces. For example, you must dispose of trash properly in trash cans. In some cases, littering is illegal and violators are required to pay fines. It is your responsibility to be aware of any local, state, and federal laws and do your part to keep the environment clean and beautiful for all to enjoy.