

Hygiene Heroes Lesson Plan

Primary



Set the Scene

Ask the children to work in small groups to come up with a list of essential things that they and their family need in order to be able to take care of themselves comfortably.

Discuss and collect ideas as a class, then agree on: Food, shelter, access to water and power, appropriate clothing, hygiene products, e.g. nappies, toothpaste, soap, deodorant, period products, etc.

They might include leisure items in their list too such as gaming equipment, holidays, TV, etc. This provides an opportunity to discuss the differences between wants and needs.



Main Activity *This should take 15 minutes*

Explain now they have agreed on what the key things are that are needed to be able to live comfortably and take care of themselves, you are going to get them to imagine a particular scenario and make some decisions about what to do.

Imagine your household income is £390 per week. The average household spends about 73% of their weekly income on expenses such as transport, bills and leisure. (At this point discuss what these might take the form of e.g. car costs or public transport costs, what type of bills? What would leisure include?)

This leaves around 27% of your income left which is approximately £102 pounds.

With this money you still need to pay for:

1. Housing rent and power costs: £79.40 per week
2. Food and drink: £61.90 per week
3. Hygiene products: £13 per week

In their groups they must decide what they think would be most important.

Key questions:

- Do you have enough money to pay for all these things? (No)
- Which would you prioritise and why? (May lead to discussions about eviction if rent is not paid, higher debt or having heating and hot water turned off. Perhaps a family may try to cut back on meals?)
- Was the decision you made as a group easy? Why/why not?
- How would you feel about not having any of those things?

CAUTION – these discussions should happen in a supportive class environment.

REMEMBER – there may be children experiencing some form of hardship for whom conversations may be upsetting or there is the potential for disclosures to be made. Be alert.



Review

Discuss the difficult choices the groups may have had to make such as having to decide between eating or keeping clean. Show the statements which give examples of what Hygiene poverty is.

Introduce the work The Hygiene Bank (see website/videos etc). Signpost who students can speak to or where they can go, if they need access to products or support.



Follow on Lesson

What could we do to raise awareness of The Hygiene Bank in our community? This could focus on your school community or the local community.

Children could design posters detailing different ways that people can donate to The Hygiene Bank. For example: "I feel good when my teeth are sparkling clean" Donate a tube of toothpaste and help someone else feel sparkly.

You could get the school involved in designing posters for a campaign. By coming up with some uplifting slogans etc. This could link to advertising or some persuasive writing if planning a longer project for the subject.

IN PARTNERSHIP WITH



Hygiene Heroes

Primary

National Hygiene Week, led by **The Hygiene Bank**, is designed to help raise awareness and support those experiencing hygiene poverty. With over 14 million people in the UK living in poverty*, some of us simply cannot afford the products we need to keep clean. Those who don't have the means to access hygiene products can be held back from fully participating and contributing to society. This can negatively affect one's self-esteem and confidence.

This National Hygiene Week, join us and become a Hygiene Hero by looking up and helping those experiencing hygiene poverty feel positive and feel good.

Learning Framework skills:

-  Reflection
-  Argument formation
-  Social and emotional learning

Curriculum links:

Relationships and Sex Education:

Pupils should know:

- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- that mental well-being is a normal part of daily life, in the same way as physical health.

1.

Imagine

Imagine your household earns £390 per week.** The average household spends 73.6% of their weekly income on expenses such as transport, bills and leisure.*** This would leave your household with £102.96. You have three more things you need to pay for:



Housing rent and power
Average spending:
£79.40 per week

Food and drink
Average spending:
£61.90 per week



Hygiene products
Average spending:
£13 per week



Do you have enough money to pay for all these things?



Which would you prioritise? Why?



Is that an easy decision to make?



How would you feel about not having some of these things?

2.

Learn

Cut out the facts from the next page and use the questions below to have a discussion about what you learn.



What effect do you think this has on someone's life?



How do you think this affects someone's ability to feel good?

Do good to help others feel good!



3. Do

Watch [this video](#) to hear **Elisha's** story about living with hygiene poverty.

Design a Hygiene Hero badge and write how keeping clean feels to you.

Share what you've learned with your family and friends. Come together to collect donations for your local Hygiene Bank, or even volunteer your time!

**UK Poverty 2019/20." JRF, Feb. 2020, www.jrf.org.uk/report/uk-poverty-2019-20

***www.ons.gov.uk/employmentandlabourmarket/peopleinwork/earningsandworkinghours/bulletins/lowandhighpayuk/2019#:~:text=Low%20pay%20is%20defined%20as%20the%20value%20that%20is%20two.13.27%2C%20which%20is%20%2C%2A38.85

***[www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/bulletins/familyspendingintheuk/april2018tomarch2019#:~:text=2.-,High%2Dlevel%20household%20spending,582.40\)%20after%20adjusting%20for%20inflation.](http://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/bulletins/familyspendingintheuk/april2018tomarch2019#:~:text=2.-,High%2Dlevel%20household%20spending,582.40)%20after%20adjusting%20for%20inflation.)

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What is hygiene poverty?

It is going to school with matted hair because there is only one hairbrush in the household and there's no time for everyone to get a chance to use it.

It is not being able to wash clothes, school uniform and muddy sports kit when needed.

It is not being able to replace a toothbrush when needed or sharing a toothbrush because one each isn't an option.

It is washing hair, bodies, faces and clothes in the same washing up liquid used for the dishes.

It is struggling to wash your hair because you can't afford shampoo.

Hygiene Hero badge



Hygiene Hero badge