

Hygiene Heroes Lesson Plan

Secondary



Set the Scene

Ask the children to start by themselves to think, then pair and share to come up with a list of essential things they feel they 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.

Now it's time for them to think about what toiletries and hygiene items they use daily.

Main Activity *This should take between 30–40 minutes*

Explain that 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.

Ask them to imagine they have £15.

In their groups they must decide what they think would be most important to buy from the list below:

Price	Items		
£10.00	Perfume/ Cologne	Laundry Detergent	Make-Up
£7.00	Acne Facewash	Hair Gel/ Products	Shampoo and Conditioner
£5.00	Toothbrush	Hairbrush/ Comb	Shaving Foam and Razor
£3.00	Deodorant	Shower Gel	Toilet Roll
£2.00	Period Products	Soap	Toothpaste

Key questions:

- Do you have enough money to pay for all these things? (No)
- Which would you prioritize and why?
- 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.

Scenarios

They only have the items they were able to buy. Ask them to consider how they think other people would react if they couldn't afford and consequently use deodorant, toothpaste, detergent, etc. and how that would make them feel.

Focus on the following situations:

- Going to school
- You are going to a friend's birthday
- Meeting with friends' after school



Review

Discuss the difficult choices the groups may have had to make.

Show the statements which give examples of what Hygiene poverty is. Perhaps create a slide with Elisha's story and questions. Introduce the work of [The Hygiene Bank](#) and perhaps show this [video](#).

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.

Come up with some uplifting slogans etc. This could link to advertising or some persuasive writing if planning a longer project on the subject.

How could we, as a class, get involved with tackling the injustice of Hygiene Poverty. Write letters to MPs?

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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 ourselves, our clothes and our homes clean. Hygiene poverty can unjustly impact an individual's academic potential as well as physical, social and emotional well-being.

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.

1.

Reflect on your day

Which toiletries and hygiene products do you use on a daily basis? How would it affect you if you couldn't use them?

2.

Scenario

- You have £15 to spend
- Which items would you buy?
- Do you have enough money to buy all you need?
- Which would you prioritise and why?
- How would you feel not having all these items?

Price list per item

£10	Perfume/ Cologne	Laundry Detergent	Make-Up
£7	Acne Facewash	Shampoo and Conditioner	Hair Gel/ Products
£5	Toothbrush	Hairbrush/ Comb	Shaving Foam and Razor
£3	Deodorant	Shower Gel	Toilet Roll
£2	Period Products	Soap	Toothpaste

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3.

You only have the items you were able to buy.
How do you think other people would react to you?
How does that make you feel?

Think about these activities and how you'd feel:

- Going to school
- Going to a party
- Meeting friends

Self confidence

Predjudice and discrimination

Self esteem

4.

What is hygiene poverty? Watch [this real-life story](#) about Elisha, and learn how hygiene poverty has impacted her.



- What effect would these factors have on a person's self-esteem and sense of place in society?
- What impact would it have on their life?
- How might the COVID-19 crisis have affected this issue?
- Who is affected by this?

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Hygiene Heroes Resources

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The prices



£10

Perfume/
Cologne

£10

Laundry
Detergent

£10

Make-Up

£7

Acne
Facewash

£7

Shampoo and
Conditioner

£7

Hair Gel/
Products

£5

Toothbrush

£5

Hairbrush/
Comb

£5

Shaving Foam
and Razor

£3

Deodorant

£3

Shower Gel

£3

Toilet Roll

£2

Period
Products

£2

Soap

£2

Toothpaste

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