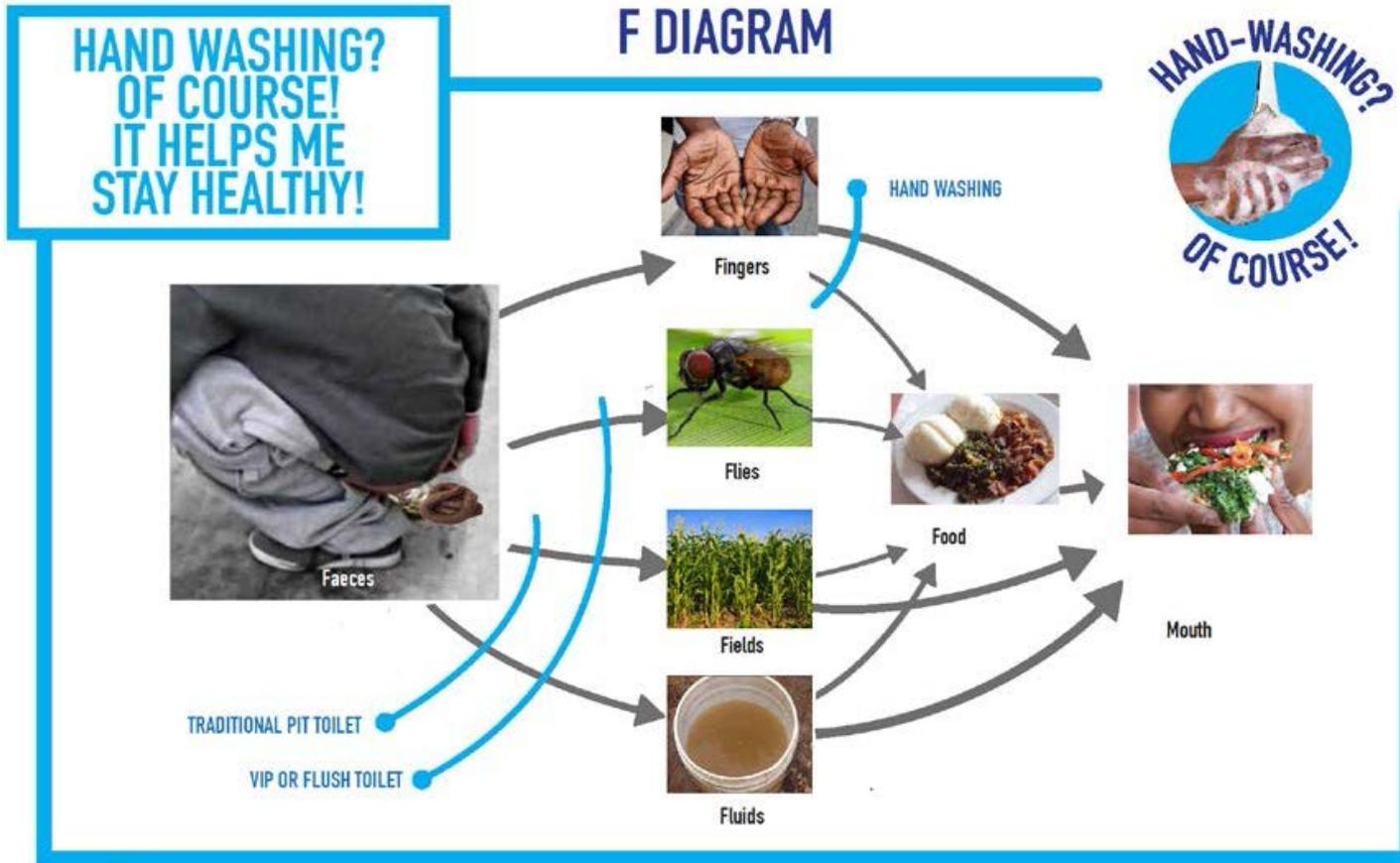


BCT 1: Present facts



The fecal oral route of transmission diagram promoting handwashing in rural Zimbabwe



act:onaid



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

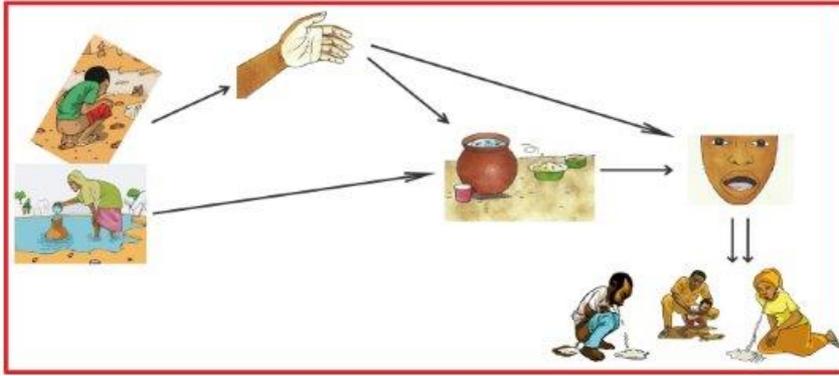
Swiss Agency for Development
and Cooperation SDC

BCT 1: Present facts



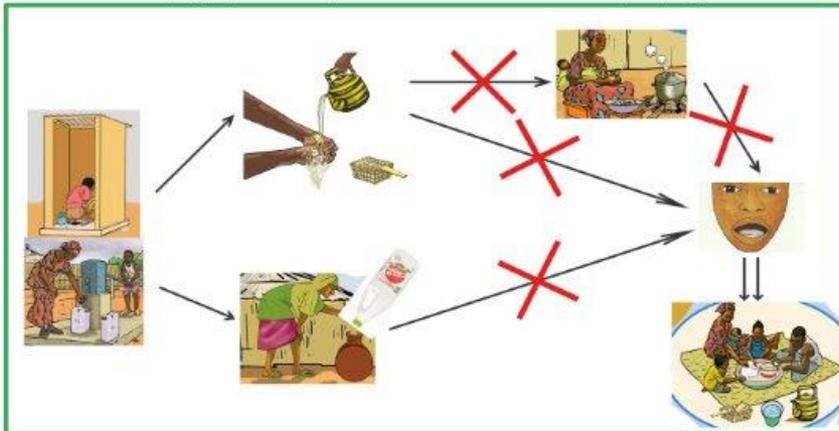
VOIES DE TRANSMISSION DU CHOLÉRA

Comment je peux attraper le choléra et les maladies diarrhéiques d'origine d'eau?



ET COMMENT SE PROTEGER

Qu'est que je peux faire pour éviter le choléra et son propagation?



Ensemble protégeons nous et nos enfants contre le choléra
par les bonnes pratiques d'hygiène!

Presenting ways of
transmission and
prevention of Cholera in
Chad

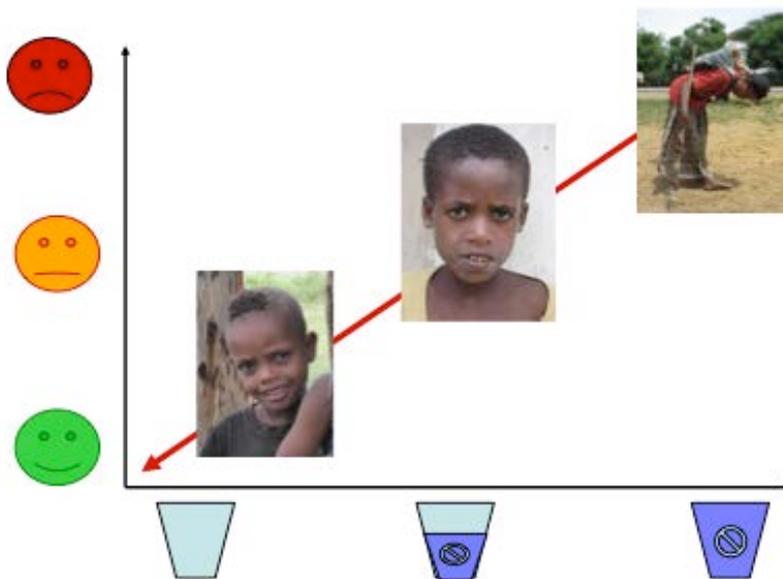
BCT 3: Inform about and assess personal risk

1) Current water source contaminated

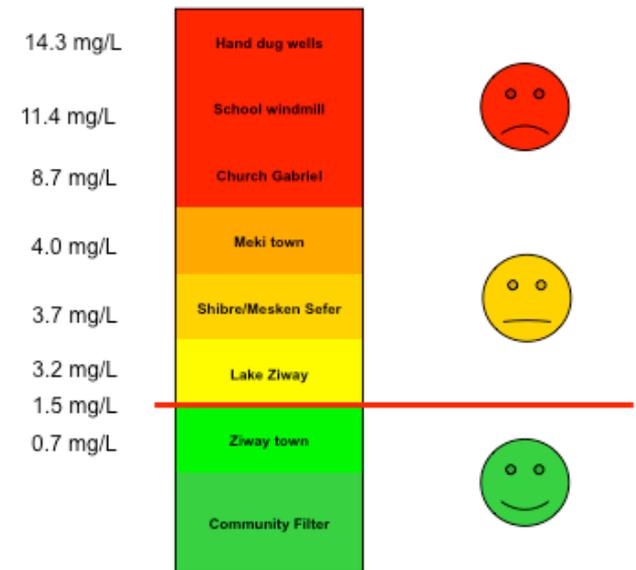
2) Personal risk information for all children

→ Individualized undeniable messages

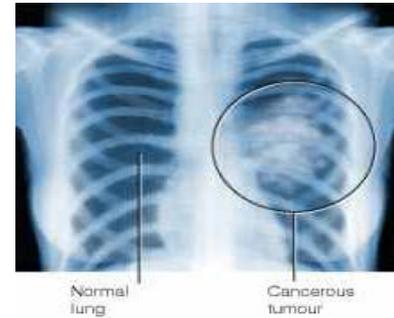
3) What can you do?



Informing about children's risk when drinking Fluoride contaminated water in Ethiopia



BCT 4: Arouse fear



Arousing fear by showing pictures of arsenicosis in Bangladesh

- The disease developed by chronic consumption of arsenic is named “arsenicosis”.
- Arsenicosis develops over a period of several years when drinking or cooking with water from contaminated tubewells
- It may be that you do not notice any health effects for a long period, although arsenic is slowly affecting your body.
- There are several symptoms of arsenicosis. Some are visible on your body, some are invisible.
- The symptoms include:
 - Skin diseases: dark spots and white spots on the skin, hardening of the skin.
 - Cardiovascular diseases (e.g. heart problems)
 - Gangrene
 - Problems with children’s brain development
 - Cancers of skin, lung, kidney and bladder
- Ultimately, arsenicosis may end in death
- Unfortunately, there is no cure for arsenicosis. However, I will explain to you now, how you can avoid developing this disease.

BCT 5 Inform about and assess costs and benefits

Personal filter filling sheet

How many family members are living in your household? _____ people
 How many children of yours are under 13 years? _____ children

	How many cups does one child drink per day?	How many cups does one adult drink per day?	How many jugs do you use for cooking per day (including food, coffee, shai)?
cups/jugs			
liters	0.2	0.2	1
Total liters			
Total per day	Sum of total drinking and cooking: _____ liters		
Total times filling per day	Above divided by 8 liters: _____ times per day		

So if you want that your family only consumes filtered water you have to fill your filter: _____ times per day. But this means, you have to fill it with water when it is entirely empty. Then you can produce enough filtered water for your whole family.

Now that you know that you have to fill the filter _____ times per day, let's find out when it would fit in your daily routine to do the filling.

When do you and your family normally drink a lot of water? At which time of the day?

So we know that when you fill the filter, it takes around 30 minutes for the water to run through the filter.

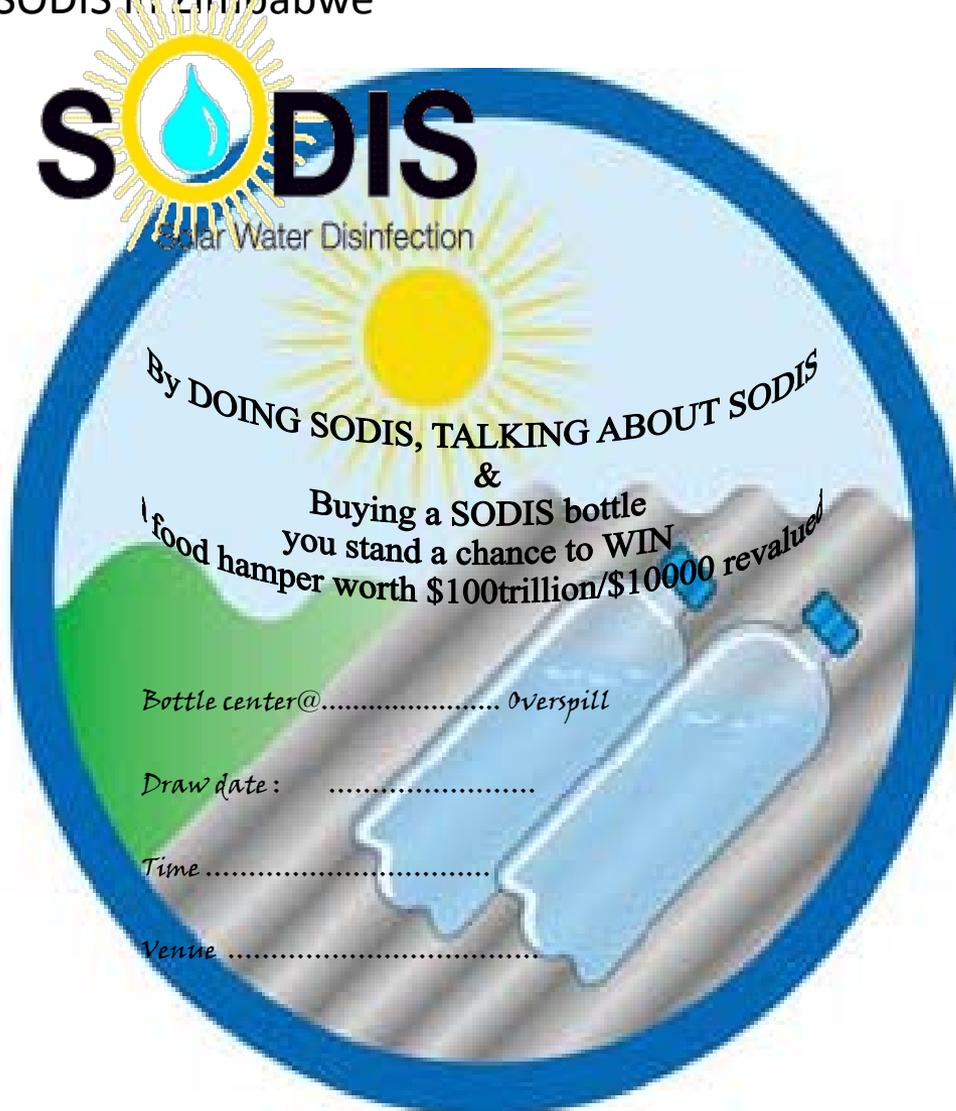
In order to have enough water during _____ you have to fill the filter:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Calculation of expenses for purchasing fluoride free water in Ethiopia

BCT 6: Use subsequent reward

An announcement of a lottery for promoting SODIS in Zimbabwe



A certificate about handwashing training as reward in Zimbabwe



SAFE DRINKING WATER WITH



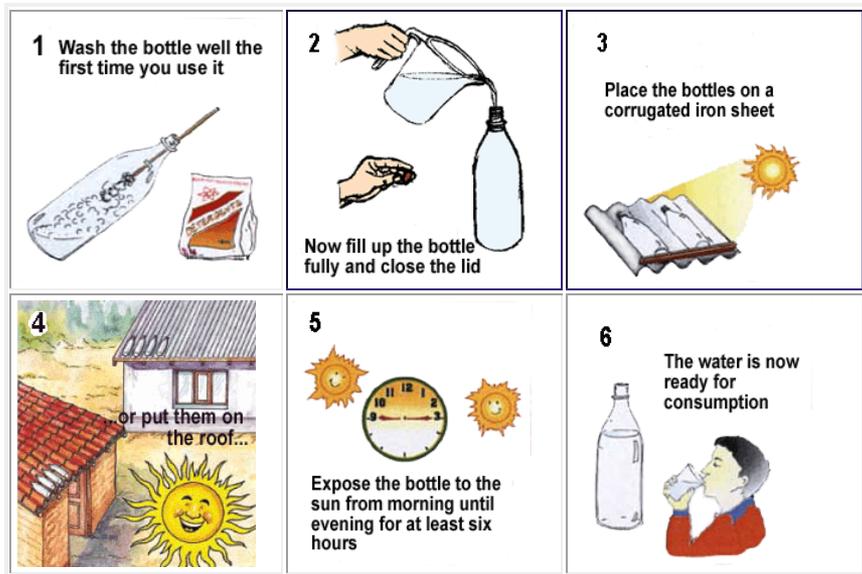
SODIS is a solar water disinfection method which uses the sunlight and its UV-Radiation to make your drinking water safe.

ADVANTAGES OF SODIS:

- **PREVENTS DISEASES & MAKES YOU HEALTHIER** - because sunlight kills bacteria
- **SAVES YOUR MONEY** - because you only need bottles & sun
- **NOT TIME-CONSUMING** - only needs 5 minutes
- **DOES NOT NEED A LOT OF EFFORT** - just leave it in the sun
- **TASTES BETTER** - boiled water has a flat taste, SODIS does not

PLEASE TELL YOUR FRIENDS AND NEIGHBOURS!

All you need is a transparent PET plastic bottle of a volume up to 3 liters and the sun!



If it is cloudy, put your bottle at least 2 days outside. Keep your bottle clean. Replace your bottle when it is not clear any more.

 **BRING THE TOKEN TO THE BOTTLE-CENTER AND YOU WILL GET YOUR FIRST BOTTLE HALF PRICE!!**

BCT 5: Inform about and assess costs and benefits

BCT 7: Prompt talk to others (about advantages)

BCT 15: Provide instruction

A leaflet containing several BCTs for promoting SODIS in Zimbabwe

BCT 6: Use subsequent reward

BCT 10: Public commitment: pledging

Committing to always wash hands with soap in Zimbabwe



Committing to collect water from an arsenic safe well in Bangladesh

BCT 10: Public commitment by using a signal



Committing to construct and maintain a latrine in Mozambique

Committing to collect water from a fluoride safe well in Ethiopia



BCT 10: Public commitment by using a signal

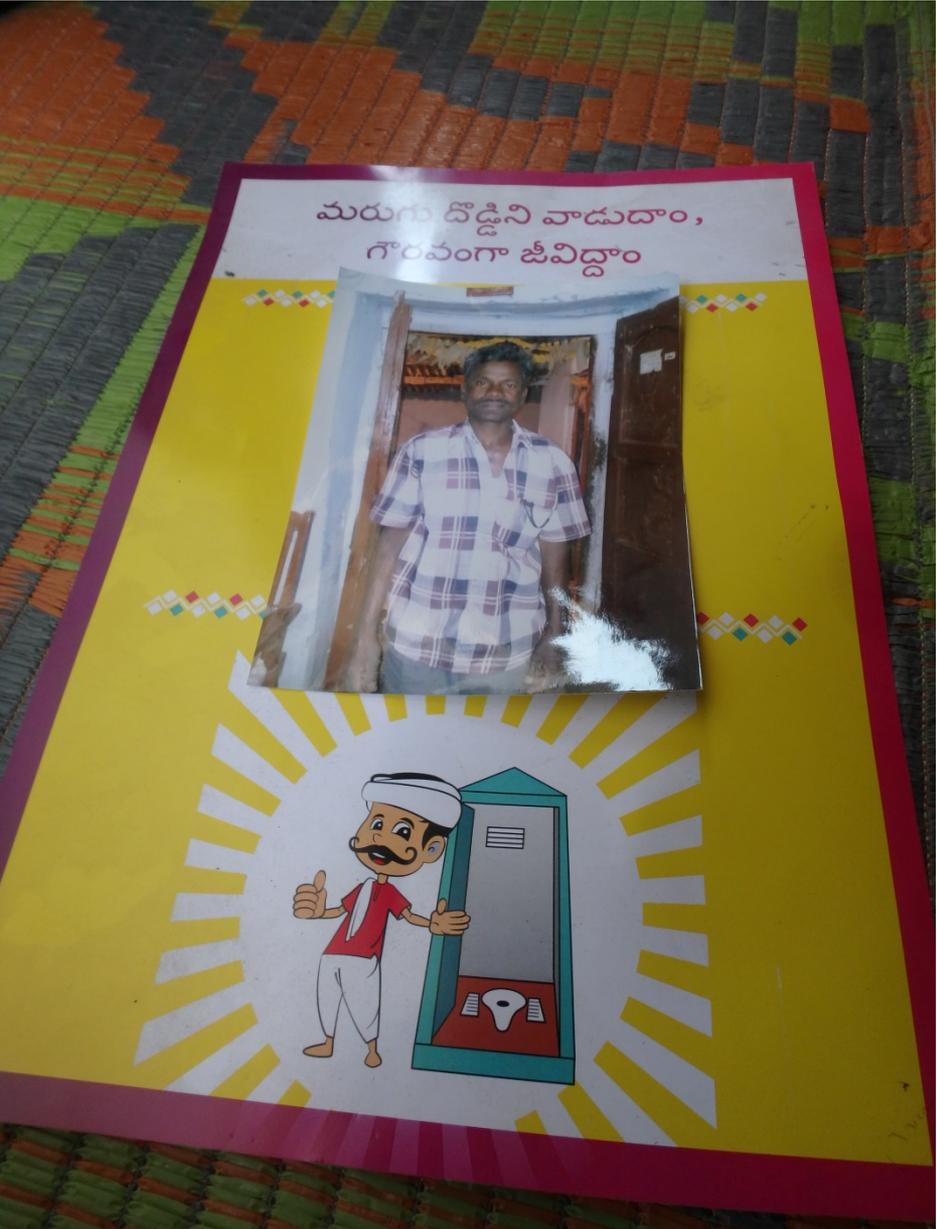
Committing to construct and maintain a latrine in Northern Ghana

Public commitment for handwashing in Dakar, Senegal



Public commitment for using a clean toilet in rural India

BCT 10: Public commitment



A4 Poster plasticized in Bolivia
“We are committed to drink water treated with the sun.”



BCT 11 Inform about others' approval/disapproval: The main person is a popular Senegalese actress who is showing her disapproval about not handwashing in the family she is visiting

BCT 9 Inform about others' behavior: It is shown that many others perform handwashing with soap

BCT 15 Provide instruction: It is demonstrated how a handwashing station can be constructed

BCT 16 Provide infrastructure: the household is prompted to set up a handwashing station

BCT 10 Prompt public commitment: At the end of the film people are invited to commit themselves to always wash hand in key situations (before touching food after visiting the toilet)

BCT 35 Prompt goal setting: The primary caregiver of the household formulates that she wants to wash hands in all the key moments

BCT 26 Prompt specific planning: The moments for handwashing are listed



Showing a film containing several BCTs promoting handwashing in Dakar, Senegal

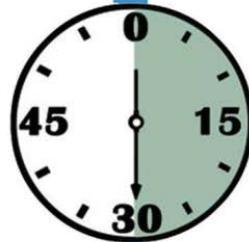
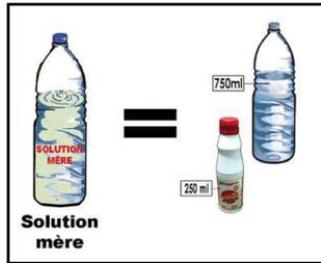
You can find the film here:
<https://vimeo.com/230444362/settings>

BCT 13 Provide a positive group identity



Village meeting in India: Participants discuss what makes them proud of their village and themselves as families and individuals. Participants discuss why latrine use is a matter of pride and leadership. Buzzwords like leadership, being intelligent, and caring for the family are noted.

BCT 15: Provide instruction



Instruction about
how to apply
chlorination in
Chad

BCT 15: Provide instruction



Signature of HH members

A. రామకృష్ణ A-narya



Instruction about
how to use
properly a toilet
in rural India

BCT 15: Provide instruction

Wash your hands



Here is how you can wash hands thoroughly to make sure that they are clean!

1. Wet hands with water.
2. Apply enough soap or ash to cover your hands.
3. Clean the palms of both your hands by rubbing them together in a circular motion.
4. Clean the backs and in between the fingers of both hands, by first, placing the palm of your right hand against the back of your left hand, interlocking fingers and rubbing back and forth. Change hands and repeat process.
5. Clean the palms and in between the fingers of both hands by, first, placing the palms of both hands together, interlocking the fingers of both hands and rubbing them back and forth.
6. Clean the tips and backs of the fingers of both hands by clasping your hands together at the fingertips and then rubbing them back and forth.
7. Clean the space between your thumbs and index fingers by rubbing your left thumb in a circular movement whilst it is clasped in the palm of your right hand. Change hands and repeat the process.
8. Clean the fingernails of both your hands by rubbing the finger tips of your left hand in a circular motion against the palm of your right hand. Change hands and repeat the process.
9. Rinse hands under running water.
10. Now your hands are clean and safe!

**Remember...
...hand washing is very important for prevention of diseases!**



Instruction about correct handwashing techniques in a school in Harare, Zimbabwe

BCT 16: Provide infrastructure

BCT 9: Inform about others' behavior

BCT 34: Use memory aids and environmental prompts



Use of Tippy
tap in
Mozambique

BCT 16: Provide infrastructure

Prompting to build a tippy tap im Malawi



BCT 16: Provide infrastructure



Providing handwashing stations for classrooms in schools in Zimbabwe

BCT 17: Demonstrate and model behavior



Demonstrating Chlorination of drinking water in Chad

BCT 18 Prompt guided practice



Parents meeting in daycare center: Using chalk, daycare center teachers draw a toilet pan on the floor and participants practice how to assist their children in using them.

BCT 26: Prompt specific planning: when, where, and how plans



Every day after / before

(getting up / breakfast /.....)



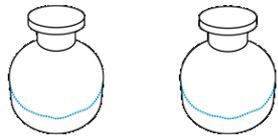
and after / before

and after / before



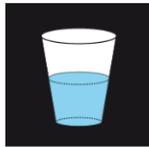
I am going to walk to *Mubarak*'s tubewell

(name of green tubewell owner)



and I am going to collect

(number of kolshi)



for

and



(drinking / cooking / drinking and cooking)

Signature

A plan when and where to go and collect how many containers (number of kolshi) of arsenic free water in Bangladesh

BCT 26: Prompt specific planning: when, where, and how plans

**HAND WASHING?
OF COURSE!
I CAN DO IT!**

Hand washing plan for food.

Name: _____



I am planning to always wash my hands before I:

PLACE FOOD RELATED STICKER HERE

I take

PLACE STICKER OF THE TYPE OF SOAP HERE

from

PLACE SOAP IS STORED

I wash my hands here

PLACE STICKER OF WHERE YOU WASH YOUR HANDS HERE

PLACE STICKER OF WHERE YOU WASH YOUR HANDS HERE

A plan when to wash hands in Zimbabwe

BCT 26: Prompt specific planning: when, where, and how plans

A plan about who builds with which materials, when, and how a latrine in Northern Ghana

Gather roofing material			₵ 000
Roofing			₵ 0000
Fix door			₵ 000000
Gather plaster material			₵ 000000
Plaster			₵ 00000000

DATE: 11-10 Household responsible (signature): _____

Facilitator (name): EMILIA - ISAC

Legend:
 = 1 day
 = 1 month

BCT 26: Prompt specific planning: when, where, and how plans

మరుగు దొడ్డిని వాడదాం,
గౌరవంగా జీవిద్దాం



Signature:

A. R. R.

A plan about when to use a toilet (and not to defecate in the open) in rural India

BCT 26: Prompt specific planning: when, where, and how plans



When during day do you refill the water?



Early morning: 0 to 3

Morning: 3 to 6

Early afternoon: 6 to 9

Afternoon: 9 to 12

Evening: 0 to 3



After doing what?

Before doing what?

After doing what?

Before doing what?

After doing what?

Before doing what?



Milking animals



Preparing food



Fetching water



Feeding animals



Feeding or breastfeeding



Looking for fodder



Cleaning enclosure



Cleaning house



Looking for firewood

Making a plan about when, where, and how to refill the water in the handwashing station in Ethiopia

BCT 26: Prompt specific planning: when, where, and how plans

BCT 27: Prompt self-monitoring of behavior



Planning of filling household fluoride removing filters in Ethiopia

BCT 27: Prompt self-monitoring of behavior

**HAND WASHING?
OF COURSE! WE CAN DO IT!**

SELF MONITORING CALENDAR



WEEK DAYS								
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Self-monitoring of handwashing before contact with food and after visiting the toilet of several family members in Zimbabwe

Healthy Steps



BCT 28: Provide Feedback

Self-feedback on the effects of SODIS on diarrhea in Zimbabwe

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Diarrhoea / stomach problems							
SODIS bottles							
Bottles in the sun							

Please write down the number of people who have diarrhea in your household for each day.

In the second column, please write down how many bottles of SODIS you prepared for the household that day.

You can write the counts down with a number (e.g. 5) or lines (e.g. | | |) or dots (e.g. ●●).

BCT 30: Prompt coping with barriers

Coping Planning of

Jennifer Inauen

(First name, family name)

Barrier

Activity to overcome barrier

1. When I don't have time to go to the arsenic-safe well, because I need to take care of baby, ...



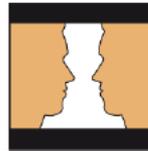
... I will send my daughter to collect water.



2. When my neighbor doesn't allow me to collect water,



... I will try to talk to him and solve the difficulties



3. When the arsenic-safe well is broken...



... I will collect water from my other neighbor's,

Mr. Shupol's
arsenic-safe well.

Plans about how to deal with different barriers of collecting arsenic safe water in Bangladesh

BCT 34: Use memory aids

Memory aid for SODIS in Zimbabwe



Before your Kalosh is empty, go to collect water for drinking or cooking from _____'s (*name of neighbor*) green shallow tubewell!

Memory aid for fetching water at an arsenic safe well in Bangladesh

BCT 34: Use memory aids



A memory aid for performing SODIS in Bolivia in form of a tent card
“You have to put your bottles into the sun”

BCT 34: Use memory aids and environmental prompts (nudges)

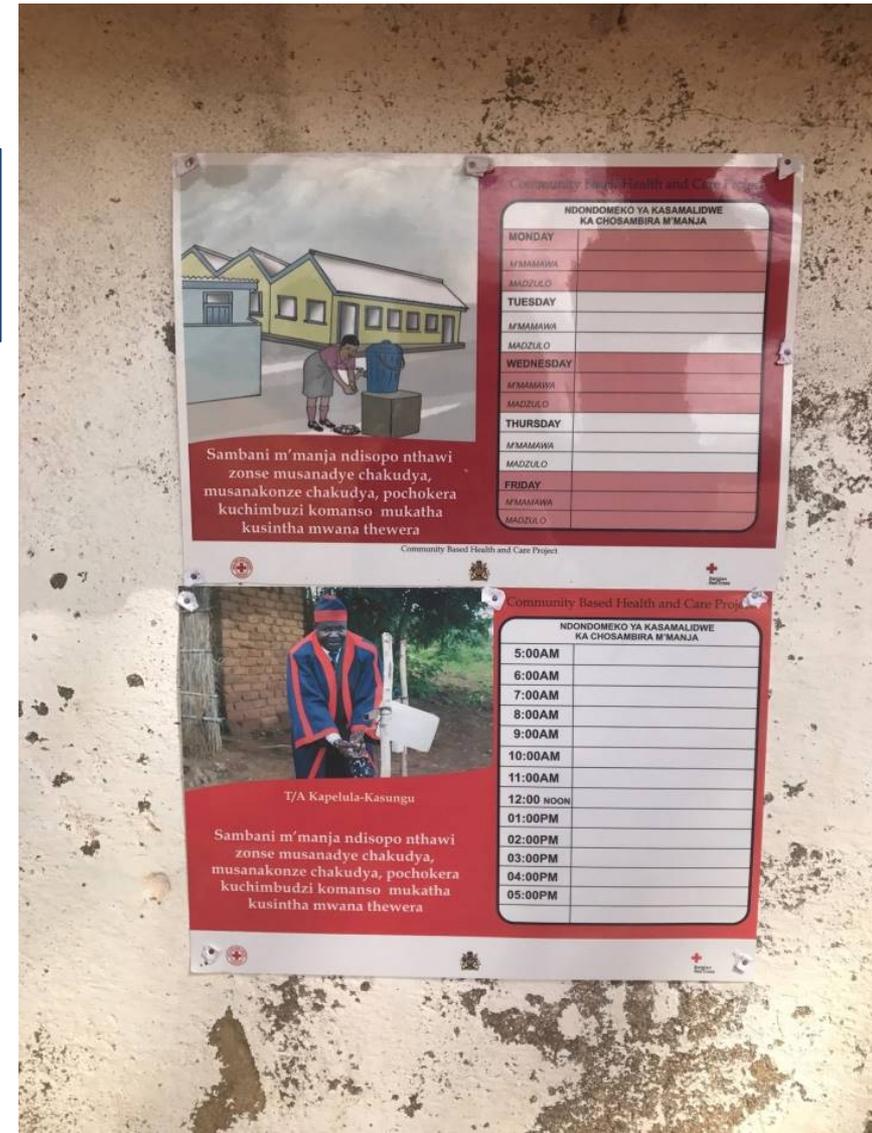
Nudges for handwashing in schools of rural Malawi



Interventions for handwashing in schools of rural Malawi:

BCT 34: Use memory aids and environmental prompts (nudges)
BCT 26: Prompt specific planning

BCT 11: Inform about others' approval
BCT 26: Prompt specific planning



BCT 35: Prompt goal setting



Goal setting for handwashing containing a picture of the whole family in Senegal

BCT 26: Prompt specific planning: when, where, and how plans

BCT 36: Prompt to agree on a behavioral contract

Commitment contract of

(First name, family name)

“Every day after / before
(getting up / breakfast /.....)

I am going to prepare our SODIS bottles



and I am going to put
them
(on my roof / in the garden

/..)



where I will leave them for
six hours!”

Goal setting (commitment contract) about how many bottles of Solar Water Disinfection (SODIS) will be put where every day in urban Zimbabwe

BCT 36: Prompt to agree on a behavioral contract

NAME OF CLASS

**HAND-WASHING?
OF COURSE!**

THIS IS A HAND WASHING CLASS

**HAND WASHING?
OF COURSE!
EVERYBODY!**



The bottom of the poster features four logos: the Zimbabwean coat of arms, the Actionaid logo, the F.C.T.Z. logo (Foreign Community Trust of Zimbabwe), and the SDC logo (Swiss Agency for Development and Cooperation) with its name in multiple languages.

Behavioral contract with a class in schools in urban Zimbabwe. Each child to show their commitment by thumb mark dipped in water paint and signature.