

Topic: Health – Youth Orientation

Activity: Staying Healthy

Objective

- ✓ Participants will explore hygiene in the U.S.
- ✓ Participants will better understand the importance of hygiene in the U.S.

Lesson Time

30 minutes

Materials

- ☐ Markers
- ☐ Tape
- ☐ 2 prepared flipcharts, entitled “Standards of Hygiene in My Home Country/Country of Asylum” and “Standards of Hygiene in the U.S.”

Introduction

Life in the U.S. may be different than what you were accustomed to before you came here. If you were not familiar with running water, household appliances, eating with utensils like knives, forks, and spoons, bathing daily, brushing your teeth twice a day, and keeping clean without any body odor, you may be making some adjustments.

Practice

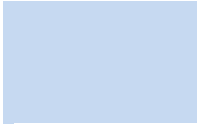
1. Hang the prepared flipchart entitled “Standards of Hygiene in My Home Country/Country of Asylum” in front of the room. Ask participants to brainstorm some common hygiene strategies they know about from their home country or country of asylum. Record these on the appropriate flipchart paper and discuss as necessary.
2. Hang the prepared entitled “Standards of Hygiene in the U.S.” next to the corresponding completed paper. Ask participants to name some common U.S. strategies to maintaining good hygiene that they have had to adjust to, and that they know of otherwise (e.g., brushing your teeth twice a day, showering once a day, using toilet paper after using the toilet, using forks, spoons, and knives to eat food, changing and washing clothes regularly, using deodorant regularly, etc.). Record these on the appropriate flipchart paper.
3. Ask participants to compare and contrast the measures taken in their home country or country of asylum versus those common in the United States. Ask participants to consider how maintaining good hygiene in the U.S. is different from their home country of country of asylum.
4. Lead a large group discussion addressing any of the Reflection Questions (below) that did not come up in the course of the discussion previously.

Reflection Questions

- Why is maintaining good hygiene important?
- How do you currently maintain good hygiene?
- What additional habits will you take up?
- Who will you ask for help when you need it?

Variations

- When working with a smaller or younger group of participants, the facilitator may find it more effective to play an active role in the brainstorming part of this activity.
- When working with a younger or less literate group of participants, have them draw pictures of themselves maintaining good hygiene.
- As developed by and implemented by Overseas Processing Entity (OPE) International Organization for Migration (IOM) Southeast Asia, put various personal hygiene items into a box in the center of the room (deodorant, dental floss, mouthwash, toothpaste, soap, cologne, shampoo, conditioner, body spray, etc.). Have participants approach the box one at a time and pull an object out of the box.



The participant identifies what the product is. Discuss the use of the product and the implications of U.S. standards of cleanliness as related to this product. If possible, have the participant try the product before the next participant approaches the box.