

Health: Hygiene

(Church World Service/Resettlement Support Center Nairobi)

45
minutes



Objectives

- ✓ To educate participants regarding U.S. standards for basic hygiene
- ✓ To educate participants regarding the consequences of not adopting these standards

Materials

- ☐ Hygiene items such as soap, washcloth, deodorant, toothbrush, toothpaste, sanitary pad, diaper, detergent (For those items you cannot find, print and laminate a photo of the item)
- ☐ Bag

Presentation

U.S. standards for basic hygiene may differ from those of your home country. It's important that you understand and adopt these standards. If you do adopt these standards, you can avoid offending those around you – on your flight to the U.S., in your workplace, on the bus, in school, in your apartment, etc.

Activity

Place the hygiene items in the bag. (Note that you can place female hygiene items into a separate bag.) Request one volunteer to come to the front of the room, reach into the bag without looking, and pull out an item. (Females can pick an item out of the female bag or the other bag.) Ask them to explain what the item is and how to use it. Then ask them, "According to American standards, how often should you use this item?"

Reflection

- ? What are the consequences of not adopting American basic hygiene standards?
- ? What are the advantages?
- ? Do the consequences outweigh the disadvantages?

Learning English

soap	toothbrush	diaper
washcloth	toothpaste	razor
deodorant	sanitary pad	

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.