

CAMBODIA RURAL SANITATION & HYGIENE IMPROVEMENT PROGRAM

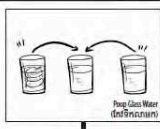
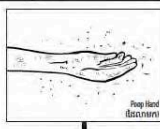
3 BEHAVIORS, 1 HOUR: 3B1H

ដំណើរការអនុវត្តសកម្មភាពអប់រំដើម្បីផ្លាស់ប្តូរការប្រព្រឹត្ត 3B1H

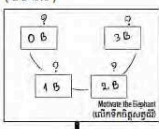
STEP 1: INTRODUCTION (15 MIN)
ពិហារទី១៖ សេចក្តីផ្តើម (១៥នាទី)



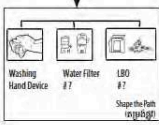
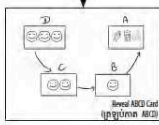
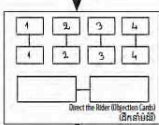
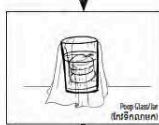
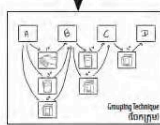
STEP 2: CONTAMINATION DEMONSTRATION (15 MIN)
ពិហារទី២៖ ការបង្ហាញបង្ហាញការខូចខាត (១៥ នាទី)



STEP 3: DON'T SHARE THE SHIT (20 MIN)
ពិហារទី៣៖ កុំប៉ះពាល់លោមក្តា (២០ នាទី)



STEP 4: MAKE A PROMISE (10 MIN)
ពិហារ ទី៤៖ សន្យាថាវាអស់គ្នា (១០ នាទី)



FACILITATION GUIDE FOR IMPLEMENTORS

Date

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3B1H OVERVIEW

WHO SHOULD USE THIS TOOLKIT

The 3B1H tools and methods were developed for Cambodian organizations and groups in Cambodia dedicated to helping improve basic hygiene and sanitation in rural areas. Specifically, these tools and methods were created for the CR-SHIP initiative sub-grantees (SGs) and their implementing partners to create sustained behavior change in rural Cambodia and to help reinforce community learning derived from existing WASH interventions: CLTS, Sanitation Marketing and SC Wash.

WHEN AND WHERE

The 3B1H tools and methods can be facilitated as a 1 hour session or disaggregated and used as a 'menu of tools' to help support existing WASH initiatives: CLTS, Sanitation Marketing and SC Wash. As a stand-alone Behavior Change Communication session, the 3B1H approach will replace Hygiene Promotion among CR-SHIP SGs.

3B1H should be conducted after post-CLTS (if possible).

3B1H will initially be implemented in 5 provinces around Cambodia: Kampong Cham, Kampong Speu, Kandal, Svay Rieng and Takeo.

TARGET AUDIENCE

The 3B1H tools and methods are specifically targeted towards rural audiences with low levels of education and comparatively high levels of illiteracy. Appropriate audiences include: school aged children, young adults, adult women, adult men and the elderly.

OBJECTIVES

By the end of this session, participants will have:

1. **Identified** the three key WASH behaviors
2. **Been exposed to** contamination demonstrations illustrating each of CR-SHIP's key WASH behavioral objectives: washing hands with soap, drinking treated water and stopping open defecation
3. **Described** their reasons for not being able to attain all three key WASH behaviors
4. **Listened to rebuttals** of the main objections to not being able to uptake all three key WASH behaviors
5. **Reflected** on the consequences of not following the 3 key WASH behaviors
6. **Analyzed** WASH related behaviors both interpersonally and within their own community
7. **Developed a plan** to initiate one of the three key WASH behaviors immediately following the 3B1H session
8. **Committed** to following through with an action plan

AGENDA

Approximately 1 hour in total.

1. Introduction - 15 minutes
2. Contamination Demonstration – 15 minutes
3. "Don't share the shit!" – 20 minutes
4. Closure: Make a promise! – 10 minutes

SECTION 1: INTRODUCTION. 10 MINUTES

OBJECTIVES:

By the end of this introduction, participants will have:

1. **Identified** the three key WASH behaviors
2. **Anticipated** the main topic of the 3B1H session

PREPARE

- Flip Chart with the 3B1H session Agenda and objectives
- Lay out a large tarp for participants to sit on, before they arrive
- Be sure that the CLTS village map has been completed in the community; bring the CLTS village map with you to the 3B1H event

MATERIALS

- Flip Chart paper
- Markers (different colors)
- Attendance list
- Large tarp for participants to sit on
- CLTS Village Map
- **ABCD Cards**
- **3 Key Behavior Cards**

METHOD

DO

- Thank participants for their commitment to joining the session.
- Introduce your name and position to participants.
- Tell participants about the meeting duration (around 60 minutes).
- Circulate an attendance list (or ask volunteer to help people register names)

ASK

- **Why do you think we are today?** (Let a few participants answer the question)

SAY

- **"In order to know the reason why we meet today, I would like all of you come to stand here near Card A."**

DO

- Lay out the **A Card** on the ground, "A" side up, near the corner of the tarp. (As the introduction continues you will lay out the **ABCD Cards** in a "U" shape)
- Show Group A the **Washing Hands Key Behavior Card**

ASK GROUP A

- **How many of you have soap for washing your hands?**
- **How many of you use the soap to wash your hand EVERY TIME before you eat or make food,**
- **After you touch poo or pee, including your baby's?**

SAY

- **If you can say "yes" to all of my questions then come to Group B.**

DO

- Lay out the **B Card** on the ground, "B" side up.
- Show the **Clean Water Key Behavior Card**

STYLE TIP:

When you see a word in **bright pink** it will always be a key tool to you will need to facilitate





ASK GROUP B:

- *How many of you treat your water 100% of the time? This means boiling or filtering all water, including rainwater, well water and/or pond water?*

SAY

- *"If yes, go to group C".*

DO

- Lay out the **C Card** on the ground, "C" side up.
- Show the **Clean Water Key Behavior Card**

ASK GROUP A

- *How many of you treat your water 100% of the time? This means boiling or filtering all water, including rainwater, well water and/or pond water?*

SAY

- *"If Yes, go to group B"*

DO

- Lay out the **D Card** on the ground, "D" side up.
- Show the **Stop OD Key Behavior Card**

ASK GROUP C:

- *How many of you have used or share a latrine? If yes, go to group D.*

SAY

- *"If Yes, go to group D"*

DO

- Show the **Stop OD Key Behavior Card**

ASK GROUP B

- *How many of you have used or share a latrine? If yes, go to group C.*

SAY

- *"If Yes, go to group C"*

DO

- Show the **Stop OD Key Behavior Card**

ASK GROUP A

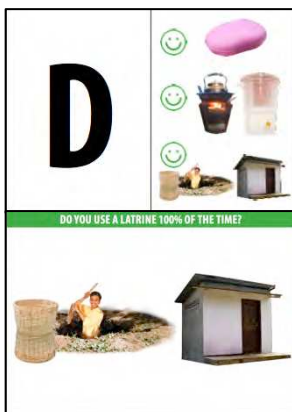
- *How many of you have used or share a latrine? If yes, go to group B.*

DO

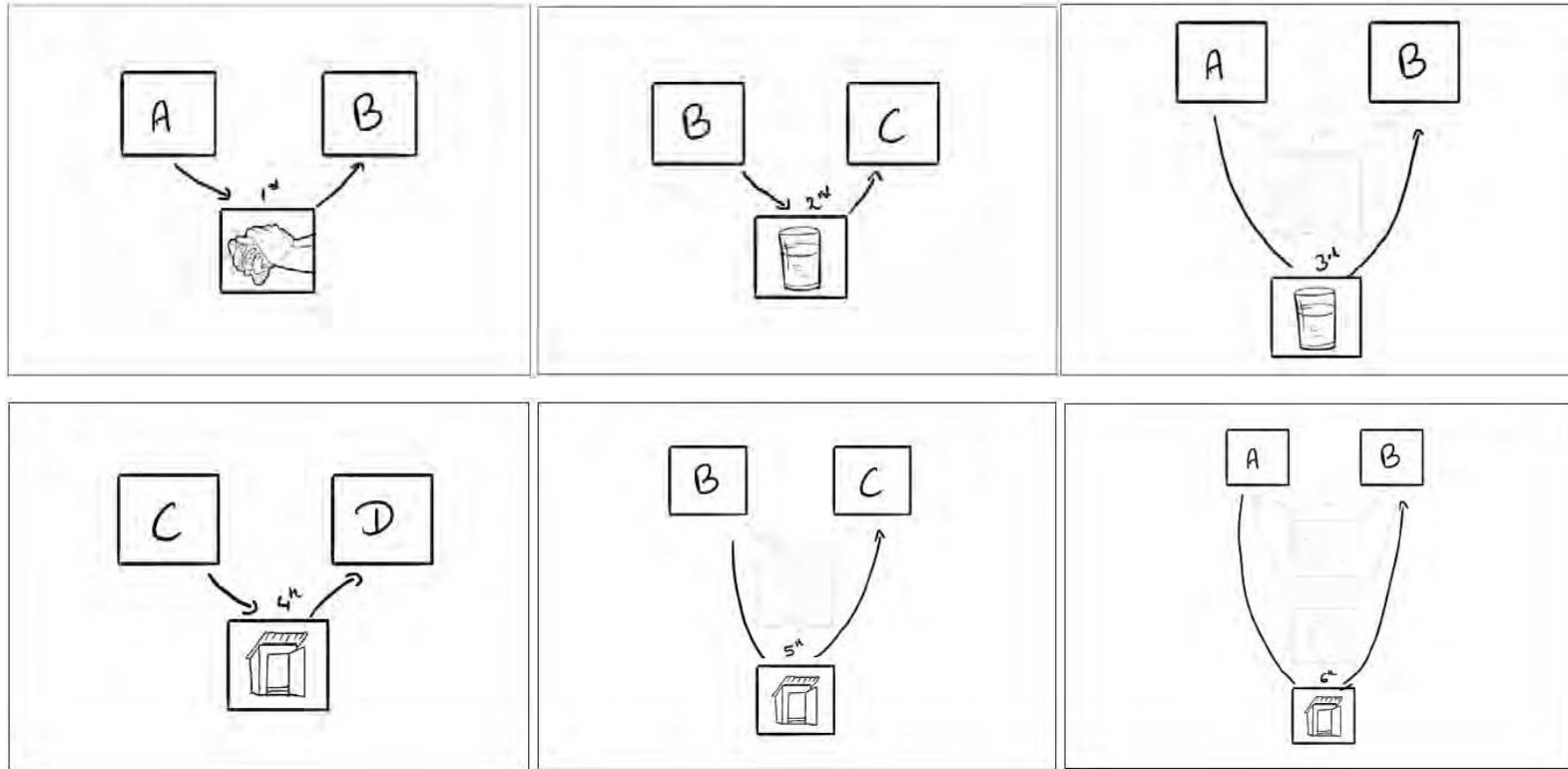
- Have all participants to sit down in front of **ABCD Card**

SAY

- *"To answer to the question why we meet you guys to day is....."*



GROUPING TECHNIQUE:



SECTION 2: CONTAMINATION DEMONSTRATION- 15 MINUTES

MATERIALS

- Flip Chart paper
- Markers
- Eyedropper
- Fake shit
- A batch of fake money
- Shit hand poster
- Shit baby hand poster
- Shit glass poster
- Dog/man poster

OBJECTIVES:

By the end of this activity, participants will have:

1. **Been exposed to** contamination demonstrations illustrating each of CR-SHIP's key WASH behavioral objectives: washing hands with soap, drinking treated water and stopping open defecation
2. **Reflected** on the consequences of not following the 3 key WASH behaviors

PREPARE

- A plate of rice or snacks (unwrapped)
- 2 CLEAR glasses for water (must be able to see the water)
 - 1 Sanitation glass to drink from
 - 1 glass to demonstrate contamination
- 1 container or jar (must be CLEAR) of fake shit in water. Cover the jar with a cloth, to make sure it is not sight of the participants. **This jar should be placed in the toilet before people arrive (if possible).**

METHOD

STEP 1: SHITTING OUTSIDE

SAY

- **Oh, sorry! I have a very bad stomach ache, would you mind if I go to shit a second? Where is your toilet? Wait wait wait a second...see you in a minute!**

DO

- Goes outside to the toilet for 1 minute. Prepare your "Shit Hand" and "Shit Jar".
- While in the toilet, cover the jar of shit with a handkerchief or leaf.
- Leave the toilet with your 'Shit Hand" and covered "Shit Jar".
- Place the covered jar on the table or chair in view of the participants.

SAY

- **Sorry about that. So the reason we have come here is because of this ...** (reveal shit in the jar)
- **That's right. We're here because of shit. The reality is shit is all around your village** (show shit jar to people to make them uncomfortable)
- **It's making people really sick. We all KNOW that the best way to stop diarrhea is to stop shitting outside, start drinking treated or boiled water, and washing hands with soap every time. But even though you know this, many of you may have not changed yet.**
- **Today we will commit to some easy steps to making that change simple.**



TIP TO FACILITATOR:

Use the fake shit given to you at the training. Add water to the jar.

Be sure to add a little bit of dirt or some curry to help make the water look gross!

Also, **be sure to cover one hand in a fake shit substance.** Chunky Peanut butter with dirt works really well!

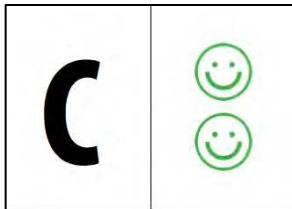


DO

- Put down the shit jar
- Reveal the back side of **Card D**

SAY

- **“Congratulations Group D, you are all people who practice all 3 key behaviors-you’re using a latrine, drinking treated water and washing hand with soap. Congratulations again to Group D!”**



DO

- Reveal the back side of **Card C**

SAY

- **“Group C you are practicing two of the key behaviors, but still need one more. Two is very good, but let’s try to get you to do all three by the end of the day!”**



DO

- Reveal the back side of **Card B**

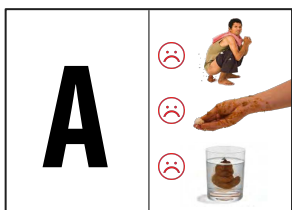
SAY

- **“Group B, you practice one of these three behaviors, but you still aren’t doing two of the key behaviors – I think we can do better, don’t you? Let’s make it our goal to accomplish all three by the end of the day!”**

DO

- Reveal the back side of **Card A**

SAY



- **“AND Group A! Oh NO! You do not use a latrine. Do not drink treated water. And do not use soap 100% of the time to wash your hands. Do you know what this means? It means you are still touching, eating, and drinking your own shit!”**
- **“BUT not just you, this is important, everyone here [point to groups B and C] who is NOT practicing all three key behaviors is touching, eating, and drinking their own shit!”**
- **“And what is worse?!?! Group D, you may be touching, eating and drinking your neighbors’ shit, because they are not practicing all three key behaviors”.**

DO

USING THE CLTS MAP

After grouping participants and revealing the ABCD behaviors, bring out the CLTS Map and ask Group A to identify where on the Map they live. Mark their homes in RED. Ask Group B where they live and mark their homes in GREEN.

This map will be used to identify patterns, and to identify key people for follow up.

STEP 2: SHIT HAND

DO

- Show your Shit Hand

SAY

- **"Hey, after I shited, I wanted to wash my hand with soap, but I could not find soap at the toilet..."**
- **"Right now, look at my hand. It is full of shit! Who wants to touch my hand? Who want to kiss my hand? NO? Why?"**



DO

- Let participants share ideas
- Rinse your hands off with water until all the shit is gone.

ASK

- **"After I rinsed with water, can you see shit on my hands?"** [answer should be "NO"]
- **"So who wants to shake hands with me?"**
- **"Who wants to kiss my hands?"**
- **"Why not?"** (Let participants share their ideas)

SAY

- **"So what you all are saying is that IF you do not wash with soap, shit stays on your hands, even when you don't see it. This also means that all of you are touching each other's shit every day if you do not wash with soap. It means everyone in this group (point to group A), has shit on their hands right now".**



DO

- Insert dramatic pause (5 seconds)

SAY

- **"It means (point to someone who is touching their face. Can be in any group - see image above as reference), you, has just passed shit onto your face and will soon be eating the invisible shit as it goes into your mouth. Tell me bong, how do you feel that soon, any moment now, shit will be going into your mouth?"** (Let participant share their ideas)

DO

- Let the person share their ideas, then;
- Show **Shit Peanut Poster**

ASK

- **"Why does the hand have shit on it?"** (Let participants share their ideas)
- **"I showed you my hand with shit, you can also see this poster with shit hands. How do you feel about the shit hands?"** (Let participants share their ideas)
- **This means, for many of you, you are putting shit on your food, on your neighbors, and on your family. It doesn't feel good, does it?**



- **“Can you think of some ways to avoid this behavior?”**

STEP 3: SHIT RICE

DO

- Show a plate of rice (or snacks)

SAY

- **“Hmm.....It looks fresh and delicious. Now I’m going to take my invisible shit hands, and touch this rice/snacks”.** (Touch rice/snack)

ASK

- **“Who wants to eat this rice/snack?”** (If Yes, Here it is. If No, Why?)
- **“It looks fresh and delicious, so why don’t you eat it?”** (Let participants share their ideas)
- **“Would you feel comfortable if I fed your baby with my hand?”** (If yes, Why? If No, why?) (Let participants share their ideas)
- **“How many of you feed your baby using your hands? Please raise your hand if you do.”**

SAY

- **My guess is most of you do not wash your hands with soap before feeding your baby.**

DO

- Insert dramatic pause (5 seconds)

ASK

- **“How do you feel when you feed your baby with your shit hands? It doesn’t feel good, does it?”**

DO

- Insert dramatic pause (5 seconds)
- Wash your hand with water [NO SOAP]

SAY

-
- **“Even washing your hands with only water, is not enough. Because shit stays on your hands, until you wash with soap”.**

DO

- Show **Shit Baby Hand Poster**

ASK

- **“Why does the hand have shit on it?”** (Let participants share their ideas)
- **“You saw my shit hand touch the rice/snacks, you can also see this poster with shit hands. How do you feel eating your own shit?”** (Let participants share their ideas)

SAY

- **“This means, for many of you, you are putting shit on your food, and feeding your baby with shit hands”.**

ASK

- **“Can you think of some ways to avoid this behavior?”** (Let participants share their ideas)



SAY

- ***“The reality is that your baby could be eating your own shit everyday.***
- ***If also means, every time your neighbor touches you, shits spreads, and you are now eating your neighbors’ shit.”***

DO

Insert dramatic pause (5 seconds)

ASK

- ***“ It doesn’t feel good, does it?”***

STEP 4: SHIT GLASS

DO

- Put the shit jar of water near by the plate of rice/snack
- Pour one clean glass of water
- Offer participants a drink of water from a clean glass of water

ASK ‘DRINKER’

- ***“Do you believe that the water is safe to drink? Why?”*** [some answers will be, ‘it looks clear and clear, etc];

DO

- After finished drinking water, pour a second glass of water in a new glass

ASK

- ***“Do you also think that this water is safe to drink? Why?”***
[do not let anyone drink the second glass]

DO

- Using the eyedropper, transfer a small quantity of water from the Shit jar to the second glass of water
- Swirl the water around until it is evenly combined and the water looks clear

TIP TO FACILITATOR

You must add just the right amount of shit water to the clean glass. Too much and the clean glass will be clouded with the brown water from the shit.

ASK

- ***“Do you think this water is safe to drink? Why?”***
(Let participants share their ideas)
- ***“But the water looks clean and clear, shouldn’t it be safe to drink? Why is it not safe?”*** (Let participants share their ideas)

DO

- Show **Shit Glass Poster**

ASK

- ***“Why does the glass have shit in it?”*** (Let participants share their ideas)

SAY

- ***“The reality is many of you are using water that has shit and worms it.”***
- ***“Close your eyes. I want you to imagine your neighbor. Imagine your neighbor shitting in the field. Imagine rain falling on their shit, it melts, and flows into your well or pond.”***
- ***“The next day, you go to your well or pond, you get some water. The water looks clean, so you wash your vegetables with it.”***
- ***“Later your family eats the vegetables. The next day they get diarrhea. Why? Because they just ate their neighbor’s shit and worms!”***



DO

- Pick up glass with the contaminated water, the one you put shit water in
- **Okay open your eyes again. Let me ask you something, if you wouldn't want to drink this water, then why would wash your vegetables with it?**

DO

Insert dramatic pause (5 seconds)

ASK

- **It doesn't feel good, does it?**
- **"You saw how shit water can move to clean water and you it still looks the same, smells the same – maybe even tastes the same! How do you feel eating and drinking your own shit?"** (Let participants share their ideas)

SAY

- **"If you do not use a filter or boil your water, many of you will be drinking your shit and your neighbors shit".**

ASK

- **"Can you think of some ways to avoid this behavior?"** (Let participants share their ideas)

STEP 5: REFLECTION

ASK

- **"So, every day, we are touching, eating and drinking each other's shit. What is the problem with touching, eating and drinking each other's shit every day?"**

DO

- Let participants share ideas

ASK

- **"How much does it cost for this problem?"**

DO

- Let participants share ideas
- Toss out a batch of fake money when participants talk about the expenses



SAY

- **"think of all the money it costs you and your family if you get sick from touching, eating and drinking shit. Diarrhea will happen. You and your family members will go to the clinic. That costs money."**
- **"You will need medicine. That costs money."**
- **"If you are sick, you or husband/wife will not work. That will cost money."**
- **"MONEY. MONEY. MONEY!"**

ASK

- **"Can you and your family really afford to get sick again?"**

DO

- Let participants share ideas



DO

- Show **Dog & Man Poster**

SAY

- ***“On average, in one village in one day, people will make more than _____ kilograms of shit (both from animals and humans). Imagine, you are touching, eating and drinking _____ kilograms of each other’s shit every day! This is a problem.”***
- ***“We know from our research that the average Cambodian spends 200,000 riel a year on medical expenses related to diarrhea because we are touching, eating and drinking each other’s shit. It is a BIG problem. We need to stop this problem.”***

ASK

- ***“So who wants to continue touching, eating and drinking each other’s shit?”***
- ***“Raise your hand if you do!”***

DO

- Insert dramatic pause (5 seconds)

SAY

- ***“Exactly! No one wants this. We all know that we should stop shiting outside, we all know we should treat or boil our water, and we all know we should wash hands with soap every time. But again, even though you know this, there are still some of you whom haven’t changed...”***

SECTION 3: DON'T SHARE THE SHIT- 15 MINUTES

MATERIALS

- Flip Chart paper
- Markers
- Brainstorming Question cards
- 4 Objection Cards
- 1 Conclusion Card
- Say 'YES' Card
- Brochure of washing hands with soap
- Water Filter Contact Cards
- LBO Contact Card
- Dry Pit Planning Cards

OBJECTIVES:

By the end of this introduction, participants will have:

1. **Described** their reasons for not being able to attain all three key WASH behaviors
2. **Listened to rebuttals** of the main objections to not being able to uptake all three key WASH behaviors
3. **Analyzed** WASH related behaviors both interpersonally and within their own community

PREPARE

- Fill in contact details on **Water Filter contact Cards**
- Fill in contact details on **LBO contact Cards**
- Fill in your contact details for the **Dry Pit Planning Cards**

METHOD

STEP 1: MOTIVATE THE ELEPHANT

DO

- Show **Brainstorming Question Card #1 (BQC #1)**

ASK GROUP A

- **"Excuse me, what's your name?"**
(Select one person)
- **Allright, Bong X, how do you feel when you touch your face with your own shit?"** (Show **BQC #1**)
- **"How do you feel when you eat your own shit?"**
- **"How about drinking your own shit?"**
- **"How do feel when you make other people touch, eat, and your own shit?"**

TIP TO FACILITATOR

Some people will not want to answer these questions, they will just smile or they will laugh – and that is ok!

The most important thing is for everyone to hear the questions and realize that they are all sharing in touching, eating and drinking each others shit!

ASK GROUP B

- **"Excuse me, what's your name?"**
- **"All right, Bong Y, how do you feel when you touch, eat and drink Bong X's shit?"** (Show **BQC #1**)
- **"Bong Y, you said you don't like to touch, eat and drink Bong X's shit, but you also make others touch, eat and drink your shit because you are practicing only one positive behavior."**

ASK GROUP C

- **"Excuse me, what's your name?"**
- **"All right, Bong Z, how do you feel when you touch, eat and drink Bong Y's shit?"** (Show **BQC #1**)
- **Bong Z, you said you don't like touching, eating and drinking Bong Y's shit, but you also make others touch, eat and drink your shit because you have only two positive behaviors."**

ASK GROUP D

- **"Excuse me, what's your name?"**
- **"All right, Bong XX, how do you feel when others in your villagers touch, eat and drink each other shit?"** (Show **BQC #1**)



DO

- Show **Brainstorming Question Card #2 (BQC #2)**

ASK GROUP D

- **“Bong XX, did you know that even though you are practicing all of the right behaviors to avoid spreading shit, your neighbors may be passing it on to you and your family. Until everyone stops, we will all be sharing the shit!”**
- **“So when we share the shit we will end up getting diarrhea, and of course Bong XX you may get diarrhea too because you touch, eat and drink their shit. How? Maybe one time you eat a mango that your neighbor cut with his shit hands! Even though your hands are clean, the shit is there already!”**
- **Bong XX, how do you feel when others make you and your children get diarrhea?”**

Let Bong XX share ideas

- **“Bong XX, it costs a lot of money when you get sick, doesn't it? How much does it cost when you get sick?”**

Let Bong XX share ideas

ASK ALL IN GROUP D

- **“If we know that we will get sick from touching, eating and drinking each others' shit, and we know that we can use a latrine, drink treated water and use soap to stop sharing the shit THEN, why do you think people still touch, eat and drink each others' shit?”**
- Let participants share ideas

ASK ALL

- **“Group D said _____ [insert reasons] _____; what are some other reasons why you have not stopped OD, have not treated your water properly, and do not use soap 100% of the time?”**

DO

- Let participants share ideas

STEP 2: DIRECT THE RIDER

DO

- Hang **Objection Cards** on a clothesline or lay them out on the ground (objection side up) where everyone can see.
- As you hang each poster or lay each one out, explain the front of each poster one by one.

SAY

- **“What I have heard from you today and/or in other villages is that most people say ‘They don't buy, build or share a latrine; they don't wash their hands with soap; and they don't drink treated water because they:**
 - 1. cannot afford a latrine (No money to buy a filter, soap or latrine)**
 - 2. will wait for an NGO to bring one (filter, soap, latrine) for free**
 - 3. feel lazy to boil water, to wash hand with soap and to build a latrine**
 - 4. it is their habit (I have always shitted outside, drink rain/pond/well water, and wash hands with only water.”**

OBJECTION CARDS

I CANNOT AFFORD TO BUY SOAP, A FILTER OR A LATRINE.

I AM WAITING FOR AN NGO TO GIVE ME ONE FOR FREE

| | | |
|--|--------|---------|
| | Filter | Soap |
| | | |
| | | Latrine |
| | | |

I'M LAZY

| | | |
|--|--------------------------|----------------------------------|
| | | |
| | Boil Water 15 minutes | Wash Hands with Soap 1 minute |
| | | |
| | Build Latrine | |

THIS IS MY HABIT

- 100% water treatment is very high, and very expensive!
- 100% soap will help decrease 10-fold
- 100% hand, latrine, and 100% water treatment is 100% safe

| | | |
|-------------------------|---|--------------|
| 200,000 Riels | 10,000 Riels | 12,000 Riels |
| | | |
| Annual Medical Expenses | Estimate One Time Total: 200,000 Riels | |
| | 170,000 Riels | Free |
| | | |

If WHO doesn't come, you will wait with you are old.

Do You feel too lazy to build latrine, drinking and taking your own risk?

- Drinkable 100% water
- 100% soap, 100% hand, and 100% water treatment
- 100% water is 100% safe with soap

WHEN YOU SAY THESE THINGS...

| | |
|--|----------------------------|
| | |
| It's impossible for me to afford to give my family for | I can't afford to buy them |
| | |
| It's too hard for me to | It's too hard for me |

We need You are all healthy, drinking and taking your own risk.



DO

- Show the front side of **Objection Card #1**

SAY

- **“ You said you can not afford it”**

DO

- Reveal the back side of the card to participants

SAY

- **“Imagine you have diarrhea. You need to spend money for doctors visits, medicine, transportation to see the doctor and buy the medicine...in Cambodia, research shows that average cost per person for year of medical expenses related to diarrhea is 200,000 riel. And look at the cost of soap, water filter or latrine. One bar of soap costs only 2,000 riel. A new water filter costs only 8\$ -12\$ or 30,000 riels- 50,000 riel(depends on exact cost). Building a dry pit latrine can be free! At the most you will spend only 10, 000 riel (depends on exact cost) for some supplies. Therefore, would you rather spend 200,000 riel per person in your house for your annual medical fees OR a one time fee of 200,000 riel for soap, water filter/boil water and building a latrine? And with this you can stop touching, eating and drinking your own shit!”**



DO

- Show the front side of **Objection Card #2**

SAY

- **“Some of you said that you will wait for an NGO to bring you free soap, a free water filter and free latrine.”**

DO

- Reveal the back of the card to participants

SAY

- **“So what happens if the NGO doesn't come? The NGO is probably not coming! You'll be waiting until you're an old man or old woman.”**
- **“Or you can stop touching, eating and drinking your own shit and your neighbors shit today, if you just buy or build a latrine, use soap 100% of the time, and use a filter or boil your water.”**



DO

- Show a front side of **Objection Card #3**

SAY

- **“Some of you said that you feel too lazy. You don't want to spend a lot of time to wash hand with soap, to boil water or to buy or build a latrine.”**

DO

- Reveal the back side of the card

SAY

- **“So what happens when you get diarrhea? Will you be too lazy to go to the doctor? NO, you will go, and it will cost you money and aggravation!”**
- **“Washing your hands with soap takes only 1 minute; boiling water just only 15-20 minutes everyday; buying or building a latrine just 1 day. Don't be lazy...stop sharing the shit in this community!”**





DO

- Show the front side of **Objection Card #4**

SAY

- *“Some of you said it’s your habit. Your family has always washed their hands with water only (Without soap), you always drink untreated water—it’s natural! And you shit outside; there is nothing wrong with it, your ancestors have always done it this way. You say: ‘It is good enough for me as it was good enough for my father and my father’s father...’”*

DO

- Reveal the back of the card to participants

SAY

- *“Of course, it is good enough for you, your father, and your father’s father...it’s also good enough for an animal. Animals don’t have soap and can’t boil water or build a latrine, but you are a human. You can do it!”*

DO

- Hang up the **Conclusion Card** (Front page)

SAY

- *“When you say: ‘I can’t afford to buy it; I’m waiting for an NGO; I’m lazy; It’s my habit.’”*

DO

- Reveal the back of the **Conclusion Card**

SAY

- *“What you are really saying is: ‘I choose to live a life that full of touching, eating and drinking each other’s shit’”*



REFLECTION QUESTIONS:

SAY

- *“Today we have looked at the different ways that sharing shit will affect your life.”*

ASK

- *“What are some of those ways again?”* (Let participants share ideas; possible answers may include: Diarrhea, touching, eating and drinking shit, paying medical bills from being sick...)

SAY

- *“We looked at some of the common objections to using a latrine, using soap and drinking treated water.”*

ASK

- *“What were some of those objections again?”* (point to the **4 objections** again to illustrate)

STEP 3: SHAPE THE PATH

SAY

- “So you have just told me all of the negative ways that touching, eating and drinking your own shit can affect your life.”

ASK

- “Can you commit to changing your behavior?”

DO

- Reveal the **Say Yes Card**
- Point to the **Washing hands with soap section**

ASK

- “Why should we say YES to washing hands with soap, 100% of the time?”

Allow participants time to share their ideas

DO

- Reveal the **Soap Brochure**

SAY

- “Great ideas! Here is a simple brochure for soap. Soap is very cheap, you can buy it anywhere, and if you use it 100% of the time, you will avoid eating and drinking your own shit!
- This brochure also has ideas to help remind you to wash your hands – look! Here it shows that you can hang the soap from the top of your latrine’s door – this way every time you walk out of the latrine, you will hit your head on the soap! You’ll never forget to wash your hands again! The same here, in your kitchen, hang the soap near where you prepare food.”

DO

- Show the **Say Yes Card**
- Point to the **Water Filter/Boil Water section**

ASK

- “Why should we say YES to drinking treated or boiled water, 100% of the time?”

Allow participants time to share their ideas

DO

- Reveal **Water Filter Contact Cards**

| | | | |
|--|--|---|--|
|  ដើម្បីទទួលបានសេវាសុខភាពល្អ? <input type="text"/> |  លេខទូរស័ព្ទរបស់លោក/ស្រី? <input type="text"/> | ទិញត្រង់ចម្រុះ | |
| ដើម្បីជួយគ្នាប្រើប្រាស់ប្រយោជន៍ប្រាកដប្រាស់?  <input type="text"/> <input type="text"/> <input type="text"/> | |  តម្លៃ: <input type="text"/> ដុល្លារ ឈ្មោះ: <input type="text"/> |  តម្លៃ: <input type="text"/> ដុល្លារ ឈ្មោះ: <input type="text"/> |

SAY

- “Great Ideas again! Here is a brochure showing examples of water filters, some are as cheap as \$8! For those of you who want to boil water – this is simple – be sure to boil your water for at least 15 minutes that will kill of the germs and destroy all of the shit in the water”



TIP TO FACILITATOR
 Before the 3B1H session, identify the local water filter vendor and fill in the form lines with his/her name and contact number

TIP TO FACILITATOR

Before the 3B1H session, identify the local Latrine Business owner (LBO) and fill in the form lines with his/her name and contact number

DO

- Show the **Say Yes Card**
- Point to the **Stopping OD section**

ASK

- **“Why should we say YES to stopping open defecation 100% of the time?”**

Allow participants time to share their ideas

SAY

- **“Great ideas again! Here we two options, buy or build a latrine. If you want to buy a latrine they can be as little as 16,5000 riel with free delivery! I will provide you with contact information for your local LBO; if you'd like to build a dry pit for free, I will provide you with my contact details and we can help.”**
- Reveal the **LBO contact cards;**
- Reveal the **Dry Pit planning cards**

| | | |
|--|---|---|
|  បើមានលិខិត ទូរស័ព្ទ អាសយដ្ឋានលេខា? |  បើមានលេខា ទូរស័ព្ទទៅ? | <p>ទូរស័ព្ទទៅអ្នកលក់បង្អួច</p>  <p>ឈ្មោះ : _____ ទូរស័ព្ទ : _____</p> |
| បើមានប្រាក់លក់ ឬ មុខរបរលក់អ្វី? | | |

| | | |
|--|---|--|
|  បើមានលិខិត ទូរស័ព្ទ អាសយដ្ឋានលេខា? |  បើមានលេខា ទូរស័ព្ទទៅ? | <p>សាងសង់បង្អួចចាក់ដេ:</p>  <p>ឈ្មោះ : _____ ទូរស័ព្ទ : _____</p> |
| បើមានប្រាក់លក់ ឬ មុខរបរលក់អ្វី? | | |

TIP TO FACILITATOR

Do not hand out the brochures or contact cards yet – you will do this in the next step when the participants are in groups!

SECTION 4: CLOSURE - 15 MINUTES

MATERIALS

- Flip Chart paper
- Markers
- Brochure of washing hands with soap
- Water Filter Contact Cards
- LBO Contact Card
- Dry Pit Planning Cards

OBJECTIVES:

By the end of this introduction, participants will have:

1. **Developed a plan** to initiate one of the three key WASH behaviors immediately following the 3B1H session
2. **Committed** to following through with an action plan

PREPARE

- N/A

METHOD

STEP 1: MAKING A PROMISE

SAY

- “Soon I will be leaving you all and it will be up to you to make the changes. This is the hardest part. There are millions of Cambodian people around the country, like you, who know they should wash their hands, drink treated water, and use a toilet, but fail to actually do it.”
- “*Luckily there are people, here in your village, which is doing the right things.* (Point to group D - applaud them). *Now it’s your turn to be like them.*”
- “The question is: Will you all be like your clean neighbors? Or after today will you continue touching, eating, and drink each others shit?”
- “Today is a very important day. You want to know the difference between Cambodians who are successful at being clean and the one’s who fail?”
- “Success starts with making a promise to yourself and to your community.”
- “*It’s easy to say YES to practicing the three positive behaviors, but it might be hard to do on your own. So we are going to do this together so that we can all have a clean community.*”
- “*Today we need to commit together to practice all three healthy behaviors. As they say, 1 chopstick can be broken, but 100 chopsticks cannot. Who wants to be strong like 100 chopsticks?*”
- “OK, so we will work together, **but I want you to commit to one action today.** That means I want you right now to commit to start one of the three behaviors as soon as this session ends. **AND we will make a plan together in groups to help you accomplish this.**”

SAY

- “I will group you into four groups, based on the one action you want to start today: **washing hands with soap** [hold up the **Washing hands with soap brochure**], **buying a latrine** [hold up the **LBO Contact Cards**], **building a latrine** [hold up the **Dry pit planning cards**] **or buying a water filter or always boiling for 15 minutes** [hold up the **Water Filter Contact Cards**].”



STEP 2: GROUPING

DO

- Hold up the **Washing Hands with Soap Brochure**
- Create an area for the washing hands with soap group to gather

SAY

- **“In this group, please talk to each other and think of ideas of where you can put soap in your house to always remind to wash your hands 100% of the time”**

DO

- Hold up the **Water Filter Contact Cards**
- Create an area for the water filter/boil water group to gather

SAY

- **“In this group, please talk to each other and think of a time when you can meet with a Water Filter Vendor for a group sales pitch. Please write the date and time on your card here [point to the appropriate spot on the card]. Select one person from your group to call the vendor, write his or her name here [point to the appropriate spot on the card]; please also think about what you need to do before you buy, and write down your ideas on your card, for example some of you may need to speak with your spouse or save \$5 dollars...be specific and write your ideas on your card.”**

| | | |
|---|--|--|
|  កាលបរិច្ឆេទជួបប្រជុំក្រុមរបស់លោក/ស្រី? |  ឈ្មោះលោក/ស្រីជួបប្រជុំក្រុម? | <div style="background-color: #4CAF50; color: white; padding: 5px; text-align: center;">ទិញតុបត្រប្រេង</div>  <p>ម្ចាស់ : _____ ទូរស័ព្ទ : _____</p> |
| តើមានការគ្រោះថ្នាក់អ្វីខ្លះ មុនពេលទិញ?  _____ _____ | _____ _____ | |

DO

- Hold up the **LBO Contact Cards**
- Create an area for the buy a latrine group to gather

SAY

- **“In this group, please talk to each other and think of a time when you can meet with an LBO for a group sales pitch. Please write the date and time on your card here [point to the appropriate spot on the card]. Select one person from your group to call the vendor, write his or her name here [point to the appropriate spot on the card]; please also think about what you need to do before you buy, and write down your ideas on your card, for example some of you may need to speak with your spouse or save \$5 dollars...be specific and write your ideas on your card.”**

| | | |
|---|--|---|
|  កាលបរិច្ឆេទជួបប្រជុំក្រុមរបស់លោក/ស្រី? |  ឈ្មោះលោក/ស្រីជួបប្រជុំក្រុម? | <div style="background-color: #4CAF50; color: white; padding: 5px; text-align: center;">ទូរស័ព្ទទៅអ្នកលក់បង្គន់</div>  <p>ម្ចាស់ : _____ ទូរស័ព្ទ : _____</p> |
| តើមានការគ្រោះថ្នាក់អ្វីខ្លះ មុនពេលទិញ?  _____ _____ | _____ _____ | |

DO

- Hold up the **Dry pit planning Cards**
- Create an area for the build a latrine group to gather

SAY

- **“In this group, please talk to each other and think of a time when you can meet with each other to help one another build pits and shelters. Please write the date and time on your card here** [point to the appropriate spot on the card]. **Select one person from your group to act as a leader and he/she can work with me or other staff at my organization to get all of the information to help build the right kind of pit. Write his or her name here** [point to the appropriate spot on the card]; **please also think about what you need to do before you buy, and write down your ideas on your card, for example some of you may need to speak with your spouse or save \$5 dollars...be specific and write your ideas on your card.”**
- **“Group D: Even though you already have a latrine, how many of you would be willing to help your neighbors build a latrine and shelter?”**
(Cheer for those who raise their hand. Ask them to join either the dry pit and the buy a latrine group to help support their neighbors.)

SAY

- **“Ok, now please join the group with the behavior you want to start today! Group D, please join either the build or buy a latrine group and commit to helping your neighbors build a pit or a shelter for their latrines.”**

DO

- Allow time for groups to organize and discuss
- While groups are discussing, circulate to each group and ask probing questions.
- Use the CLTS Map to identify what behaviors the Group A and Group B people are committing to do first – you can write “filter” “soap” “buy” or “build” to show what people commit to doing.

STEP 2: READY TO CHANGE!

DO

- Hang up the Ready to Change Flip Chart

| | Washing Hands with Soap | Buying a water filter | Buying a Latrine | Building a latrine |
|--|-------------------------|-----------------------|------------------|--------------------|
| When will you meet? | | | | |
| Who will be the leader to call? | | | | |
| What do you need to do before you begin/buy? | | | | |
| Who will help you build a shelter? | | | | |

SAY

- **“All right, are you ready to change now?”**

DO

- Complete the flip chart with the groups

TIP TO FACILITATOR

Having the Village Chief help complete the CLTS map is a great way to ensure community buy-in. The Village Chief can help check in with Group A and Group B participants after the 3B1H session to see if they need help to accomplish their new behaviors that they committed to at the 3B1H session.

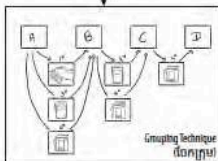
SAY

- **“Thank you very much for your commitment. I will keep this “Ready to Change Flipchart” work plan and I will review this with your village chief so that he can monitor your progress after the session; he will ask you to see your planning cards, so keep them with you!”**
- **“Thank you. Good Bye!”**

ដំណើរការអនុវត្តសកម្មភាពអប់រំដើម្បីផ្លាស់ប្តូរការប្រព្រឹត្ត 3B1H

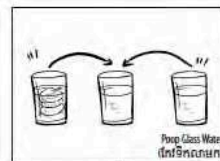
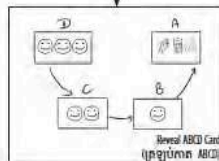
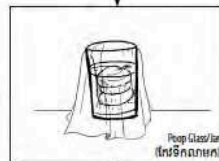
STEP 1: INTRODUCTION (15 MIN)

ជំហានទី១៖ សេចក្តីផ្តើម (១៥នាទី)



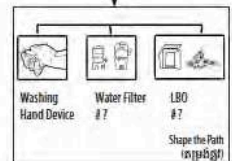
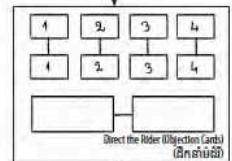
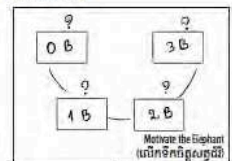
STEP 2: CONTAMINATION DEMONSTRATION (15 MIN)

ជំហានទី២៖ (ការបង្ហាញការបង្ហាញមេរោគ (១៥ នាទី))



STEP 3: DON'T SHARE THE SHIT (20 MIN)

ជំហានទី៣៖ កុំបែងចែកស្រាមកង្កែប (២០ នាទី)



STEP 4: MAKE A PROMISE (10 MIN)

ជំហាន ទី៤៖ សន្យាទាំងអស់គ្នា (១០ នាទី)

