

“stop the spread of diseases”

girls worldwide say
“world thinking day”
2009

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HIV and AIDS

1. **FUNDRAISER:** Hold a talent show to raise money for WAGGGS’ health projects. As a challenge, write a song with one of the following titles and perform it at the show: ‘I love being me’ (self esteem), ‘the best of friends’ (friendship) or ‘let’s talk about it’ (speaking out).
2. AIDS affects all kinds of people. Draw pictures of men, women and children. Discuss in your group how HIV is spread. Use your pictures to show a friend that everyone should know about AIDS.
3. Run-around Alphabet game. Each player has a letter of the alphabet stuck on her back. When a word is called out, players must run to the other side of the room and line up to spell out the word. Each player that manages to make a word writes it down. At the end of the game, discuss the meanings of the words: **INFECTION, SELF-ESTEEM, PROTECTION, VIRUS, DISEASE, EPIDEMIC**, etc.
4. In groups, discuss situations where an HIV positive person may encounter prejudice. Present your conclusions as a role play, showing how these prejudices might be overcome.
5. Unhealthy Handshake game. Give three players some small pieces of paper. This is the virus. Everyone must go around and shake each other’s hands. The players with the virus must secretly slip a piece of paper into the hand of every person they shake hands with. Each person who receives a piece of paper must pass it on. After several minutes, everyone who has touched a piece of paper must sit down. Discuss the ways that HIV can be passed from one person to another and how to prevent this. Make sure everyone knows that HIV cannot be passed by shaking hands!
6. Find out how people with HIV are cared for in your community. Are there special clinics and organizations that support them? Make a presentation to your group and consider how you might be able to help them.
7. **FUNDRAISER:** Each person should wear a red ribbon around their wrist. Ask friends and family to write their initials or signature on the ribbon and to donate money towards WAGGGS’ health projects.
8. Think about how you can help support people in your community who are living with HIV. If you know someone in this position and you think it is appropriate, offer to visit them. Find out how they live with the disease.
9. Use WAGGGS’ ‘Tell 10 girls 10 facts about AIDS’ fact card to spread the word and raise awareness about HIV and AIDS.
10. **FUNDRAISER:** Organize a quiz night using our [quiz](#). Charge an entry free and offer home-made quiz prizes.
11. **For older members:** Young people can feel pressure from others to have sex at an early age. In groups of three to four, produce a role play to show how peer pressure can affect young people and how to overcome it.
12. **For older members:** Contact a local AIDS charity or support group. Invite someone to visit your meeting and hold a discussion on the subject.
13. **For older members:** Don’t just think – speak out about the spread of disease. Use the WAGGGS’ Advocacy Toolkit to organize a campaign and plan your advocacy project.

For more activities like this, why not order the WAGGGS HIV and AIDS Training Toolkit from the WAGGGS online shop?

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Malaria

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1. **FUNDRAISER:** Most mosquitoes can fly for between one and three miles (1.5 - 5km) at a speed of around one mile per hour. Organize a fun run or sponsored walk to ‘beat the mozzie’ and see how much faster you can complete the route!
2. Give each team a word associated with malaria. Each team must act out their words in silence. The rest of the group tries to guess what the words are: **CLEAN WATER, MOSQUITO NET, INSECT REPELLENT, ANTI-MALARIA TABLETS, and MOSQUITO BITES.** In the group, discuss how the words relate to malaria.
3. **FUNDRAISER:** Life-saving treatments cost US\$0.13 for chloroquine, US\$0.14 for sulfadoxine-pyrimethamine and US\$2.68 for a seven-day course of quinine. Set a target for how much money you want to raise. Offer a ‘sponsored helper’ service and ask friends and family to donate while you give service in a local clinic or care home.
4. Mosquito Tag. Give two players some red-coloured sticker spots. Give one player some green sticker spots. These players are the mosquitoes. The other players must run around trying not to get ‘stung’ by the mosquitoes. The mosquitoes try to stick the spots on the other players. After a few minutes, stop the game. Tell the players that all those with green spots have been stung by the mosquito infected with malaria. Discuss the different ways to prevent the spread of malaria.
5. Malaria epidemics often occur after natural disasters such as floods when water systems become disrupted. Find out about a recent disaster where this has occurred. Give a presentation to your group about what you have learned.
6. Choose a country that is greatly affected by malaria in Africa, Asia or Latin America. Learn about life for a girl of your age living in that country. Write a ‘day in the life’ diary about her and read it to your group or display it.
7. **FUNDRAISER:** Anti-mosquito nets can cost just US\$1.70; while a year’s supply of insecticide costs from US\$0.30 to US\$0.60. Draw a giant net and chart your fundraising progress on it. Ask local businesses to donate towards your net target.*
8. If malaria is a risk in your country or community, design a leaflet using our fact sheet to raise awareness and promote ways to prevent the disease.
9. Swat the mozzie game. Each player should wear a paper hat with a picture of a mosquito on it. Each player is given a long sock or stocking with a sponge in the toe. The players must try to knock each other’s hats off using their sponge ‘bat’. The last player still wearing her hat wins the game!
10. **For older members:** Malaria affects the most vulnerable people in poverty. Find out more by visiting sites such as Roll Back Malaria or inviting an expert to speak at your meeting (see Fact Sheet).
11. **For older members:** Don’t just think – speak out about the spread of disease. Use the WAGGGS’ Advocacy Toolkit to organize a campaign and plan your advocacy project.

*WAGGGS NOTE - Mosquito nets and insecticide are examples of tools to help stop the spread of disease. World Thinking Day income is however used for the work of WAGGGS, which includes projects such as our HIV/AIDS training toolkit and the Anaemia Prevention project in Africa.

World Thinking Day income is not only used for health-related activities – it also helps offer Girl Guiding/Girl Scouting to more girls and young women worldwide. By growing the Movement more girls and young women (and their families, friends and neighbours) will learn about health issues and how to fight the spread of diseases.

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Other diseases (pneumonia, diarrhoea, tuberculosis and measles)

1. Dehydration-rehydration. As around 65 per cent of the human body is made up of water it's important to stay hydrated. Find out what happens when the body becomes dehydrated. Make up this home-made recipe for a oral rehydration solution and give a small amount to the rest of the group to taste: Mix one teaspoon of salt, eight teaspoons of sugar and one litre of clean water together until the salt and sugar are completely dissolved.
2. Invite a doctor or other medical professional to attend your meeting. Hold a 'question and answer' session about one or more of the diseases listed.
3. **FUNDRAISER:** Create a quiz of fun and serious questions about different countries that have Girl Guiding/Girl Scouting organizations. Hold a quiz night and charge for entry and refreshments.
4. Think about a situation where a family might find one of its members suffering from one of the diseases. Produce a puppet show or short play to illustrate the situation and how it could be prevented. Perform it to an audience of your group and the wider community.
5. Design a poster to illustrate how malnutrition, unsafe water and diarrhoea are linked. Display it where members of your community will see it.
6. Coughs and Sneezes game. Give each participant a small handful of tiny bits of paper (confetti, hole-punch waste, etc.) which she must keep in her pocket. Stand about one meter apart. Tap two participants on their shoulders – these are the infected people. The infected people put some paper in their hands and blow them towards the other players, pretending to cough and sneeze at the same time. If the paper falls on another player, they must do the same. Continue for several minutes or until everyone is infected. Discuss how pneumonia and tuberculosis are caught and why some people are more susceptible than others.
7. In small groups, discuss why vaccines are important and what barriers might prevent children from being vaccinated. Illustrate this in a role play.
8. **FUNDRAISER:** Choose a country where one of these diseases is a major danger. Learn more about the lives of the people living there. Hold a cultural event using their food and costumes to raise money for WAGGGS' health projects.
9. Draw a funny cartoon to highlight the importance of washing your hands. Cover it in protective plastic and display it in a bathroom or kitchen in your community.
10. Find out who has had measles amongst your friends and family. Discuss the symptoms and treatments.
11. Choose a disease that is present in your community or country. Learn more about it and then design a poster to highlight its causes and treatment.

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- 12. For older members:** Stay Healthy story. Give each person a strip of paper with some words at the top. They must use the words in the first paragraph of a story, finishing the paragraph with the words 'and then...'. Each participant folds over the paper so no one can see their part of the story and passes it on to the next person who continues the story incorporating the words they were given. After the story has been passed around four times, finish the paragraph with 'and finally...'. When the story is finished, unfold the paper and read it aloud to the rest of the group. Here are the starting words: CLEAN WATER, GOOD FOOD, VACCINES THAT PROTECT ME, FRIENDS WHO SUPPORT ME, SAFE HOME.
- 13. For older members:** Don't just think – speak out about the spread of disease. Use the WAGGGS' Advocacy Toolkit to organize a campaign and plan your advocacy project.

activities