

Group training session flash cards

GROUP TRAINING 1 SESSION 1. INTRODUCTION

1. Welcome, introduce yourself and the team
2. Explain about the WaterAid and London University's research
3. Explain findings: not enough information for self-advocates or carers
4. The Bishesta campaign changes that
5. Campaign journey poster
6. Run through image 1, 2, 3
7. Hold up Bishesta doll
8. Point to image 4: we will be handing out resources on menstrual hygiene
9. Point to image 8: this is our ultimate destination
10. We will travel together
11. Show 'agreeing ways of working together' image
12. Some people find talking about menstruation difficult
13. In this workshop we will develop trust
14. We will learn from each other
15. Everything will be kept confidential
16. Questions?

GROUP TRAINING 1

SESSION 1. CAMPAIGN RITUAL

1. Stand in a circle with carers and self-advocates
2. Ask carer to show self-advocate love
3. Ask how that made the carer feel?
4. Ask how it made the self-advocate feel?
5. Ask if any self-advocate wants to introduce themselves?
6. Ask carers to introduce the self-advocates who do not want to introduce themselves
7. Ask carers to tell the group something they love about the person they look after
8. Read last point 9

EXPLAIN BREAK OUT AREAS

1. Show poster of quiet room
2. Explain
3. Show poster of creative space
4. Explain

GROUP TRAINING 1

SESSION 2. THE GAME OF LIFE

1. Ask for 4 volunteers: Bishesta, Perana, Nepali carer, Nepali self-advocate
2. Explain this is not a role play. The volunteers are not representing anyone in the community
3. Show the group the 'instructions on where to stand' poster. Explain
4. Put the volunteers in position
5. Show the group 'the game of life instructions on steps'. Explain
6. Reiterate this is not a role play. The volunteers are not representing anyone in the community
7. Hand out neutral masks
8. Read out scenario **one**
9. Volunteers take your steps
10. Discuss
11. Hand out masks
12. Read out scenario **two**
13. Volunteers take your steps
14. Discuss
15. Read out scenario **three**
16. Volunteers take your steps
17. Discuss
18. Read points 10-14

19. Hold up key behaviour: Perana provides enough menstrual products. Explain
20. Hold up key behaviour 3: Perana provides pain relief. Explain
21. Hold up key behaviour 5: Perana provides love and emotional support. Explain
22. Hold up key behaviour 1: Bishesta uses a menstrual product. Explain
23. Hold up key behaviour 2: Bishesta uses pain relief
24. Point to Bishesta and Perana poster
25. Read points 22-23

GROUP TRAINING 1

SESSION 3. THE BISHESTA DOLL

1. Point to key behaviour 1 (Bishesta uses a menstrual product). Explain
2. Point to key behaviour 2 (Bishesta uses pain relief). Explain
3. Point to key behaviour 3 (Perana provides enough menstrual products). Explain
4. Point to key behaviour 4 (Perana provides pain relief). Explain
5. Show the large Bishesta doll
6. Pass the doll's clean menstrual pad around
7. Explain Bishesta is menstruating
8. Ask self-advocate where she thinks the clean menstrual pad should go
9. Self-advocates (with support from carers if needed) puts the clean menstrual pad on the doll
10. Show the used menstrual pad. Pass it around
11. Show them the full yellow menstrual storage bag. Explain
12. Tell the carers what their responsibilities are: to always refill it,
put it next to Bishesta's bed
13. Show the group the menstrual bin. Explain
14. Explain carers responsibilities: to empty the menstrual bin, wash the menstrual product, wash the menstrual bin
15. Show the image of Bishesta washing her hands. Explain

16. Put the pained expression on the doll's mouth
10. Put the clean menstrual pad near the self-advocate
11. Ask the self-advocates what she think is wrong with Bishesta?
12. What should she do?
13. Self-advocates change the used menstrual pad
14. Self-advocates should dress Bishesta doll
15. Self-advocate washes hands (show the card of Bishesta washing her hands)

(PAIN RELIEF)

1. Put pained expression on doll's mouth
2. Put pain symbol on doll's stomach
3. Ask self-advocate what she thinks is wrong?
4. Explain menstrual cramps are normal. But if they are extreme, carers must take the self-advocate to the doctor
5. Ask the self-advocate if they have pain when they menstruate?
6. Put the pain symbol on the doll where the self-advocate says she feels pain
7. Make sure all areas of potential discomfort are covered (head, back, stomach, breasts)
8. Explain pain relief options (rest, hot water bottle, hot water to drink, comfort her)
9. Put the happy expression on the doll. Take off the pain symbol

10. Give self-advocate:
 - Yellow menstrual storage bag
 - small Bishesta doll (if she wants it)
11. Give the carers:
 - a menstrual bin
 - a campaign mirror
 - dangles
12. Read bullet points at the end of the campaign manual session plan

GROUP TRAINING 1

SESSION 4. CLOSE THE TRAINING SESSION

1. Run over campaign components they have received
2. Ask the group how each campaign component should be used and where they should be put
3. These resources will help you achieve the key behaviours
4. What are the key behaviours? Run through all 5 key behaviours
5. Read points 10-16 in the campaign manual
6. Complete attendance sheet
7. Complete the provision of the Bishesta campaign form

GROUP TRAINING 2

SESSION 1. INTRODUCTION

1. Welcome back
2. Explain quiet room and creative space
3. Campaign journey poster
4. Run through image 1, 2, 3, 4 (recap on what we did at the last group training session)
5. We practiced changing Bishesta's pad
6. We got clean pads out of the yellow menstrual storage bag
7. Ask carers what they have to do with the menstrual storage bag (refill it, put it next to Bishesta's bed)?
8. Point to key behaviour 3 (Perana providing menstrual pads). Explain
9. We disposed of the used pad in the bin
10. We communicated pain
11. Point to key behaviour 4. Explain
12. Point to key behaviour 5. Explain
13. Go back to campaign journey poster
14. Point to image 5 and 6 – explain we will do these things today
15. Point to image 8 – our ultimate destination
16. Show 'agreeing ways of working'
17. Ask if the group remember? Run through it again

CAMPAIGN RITUAL

1. Stand in a circle with carers and self-advocates
2. Ask carer to show self-advocate love
3. Ask how that made the carer feel?
4. Ask how it made the self-advocate feel?
5. Ask if any self-advocate wants to introduce themselves?
6. Ask carers to introduce the self-advocates who do not want to introduce themselves
7. Ask carers to tell the group something they love about the person they look after
8. Read point 9

GROUP TRAINING 2

SESSION 2. MENSTRUAL SHOULDER BAG

1. Show the large Bishesta doll to the self-advocate
2. Ask if she remembers the doll? Run through the clean menstrual pad and yellow storage bag
3. Remind carers that they must keep the storage bag full
4. Show key behaviour card 3 (Perana filling the bag)
5. Ask carers where they should keep the yellow menstrual storage bag
6. Discuss
7. Ask carers what they would do if their Bishesta is in pain?
8. Show key behaviour card 4 (Perana provides pain relief)
9. Show key behaviour 2 (Bishesta uses the pain relief)
10. Show the blue menstrual shoulder bag. Explain this
11. Explain carers responsibilities:
 - Keep it full
 - Keep it near Bishesta's bed
 - Encourage Bishesta to wear it when going outside the home
12. Explain to Bishesta: take the blue menstrual shoulder bag outside when menstruating
13. Enact Bishesta doll leaving the home without her bag
14. Ask if she is forgetting something? Discuss
15. Put the blue menstrual shoulder bag on the Bishesta doll and enact her leave

16. Put the used menstrual pad in the Bishesta doll's underwear
17. Show the self-advocate. Ask her what Bishesta should do.
18. Prompt her to change the pad, put it in the blue shoulder bag's plastic bag, put a clean pad on, wash hands
19. Enact doll going home
20. Ask what Bishesta doll should do now she is home?
21. Prompt: put used pad in bin, wash hands, refill blue menstrual shoulder bag, hang near Bishesta's bed, wash used menstrual pad
22. Read points 43 – 46
23. Close

GROUP TRAINING 2

SESSION 4. MENSTRUAL CALENDAR

1. Explain hormonal changes in the menstrual cycle
2. Result – can feel emotional, withdrawn, angry
3. Explain benefits of tracking Bishesta's menstrual cycle
4. They can prepare by filling menstrual bags
5. Show the menstrual calendar
6. Explain its purpose and the symbols
7. Run through the key behaviours at the bottom and hold up the relevant key behaviour
8. Bishesta needs to change her pad every 4 to 6 hours when she is menstruating
9. Keep reminding her
10. Hand out the calendars

GROUP TRAINING 2

SESSION 5. CLOSE THE TRAINING SESSION

1. Run over campaign components they have received
2. Ask the group how each campaign component should be used and where they should be put
3. These resources will help you achieve the key behaviours
4. What are the key behaviours? Run through all key behaviours
5. Read final points 1-17 out in the campaign manual
6. Complete attendance sheet
7. Complete the provision of the Bishesta campaign form

GROUP TRAINING 3

SESSION 1. INTRODUCTION

1. Welcome back
2. Explain quiet room and creative space
3. Campaign journey poster
4. Run through image 1, 2, 3, 4 (recap on what we did at the last group training session)
5. Remind participants what they did in relation to each image (e.g. image 2 – we used the Bishesta doll to learn how to change a menstrual pad)
6. Ask carers what they have to do with the menstrual storage bag (refill it, put it next to Bishesta's bed)?
7. Point to key behaviour 3 (Perana providing menstrual pads). Ask the group to explain
8. Point to key behaviour 4 and 5. Ask the group to explain
9. Point to image 5 on the campaign journey. Explain
10. Point to image 6 on the campaign journey. Explain
11. Point to image 7 on the campaign journey. Explain what you will do today
12. Point to the last image on the campaign journey. Explain.
13. Show the group the 'agreeing ways of working together' image.
14. Read last 5 points in this section of the campaign manual

CAMPAIGN RITUAL

1. Stand in a circle with carers and self-advocates
2. Ask carer to show self-advocate love
3. Ask how that made the carer feel?
4. Ask how it made the self-advocate feel?
5. Ask if any self-advocate wants to introduce themselves?
6. Ask carers to introduce the self-advocates who do not want to introduce themselves
7. Ask carers to tell the group something they love about the person they look after

GROUP TRAINING 3

SESSION 2. I CHANGE MY PAD

1. Hand out I Change My Pad visual story to carers
2. Explain what the story is about
3. Explain how the carers use it with their self-advocates: the self-advocate must hold the book and turn the page themselves. Carers must acknowledge what they say and be positive. If self-advocates are incorrect, carers must gently correct them but thank them for their thoughts
4. Role play: carers work in pairs. One is a carer. The other is a self-advocate
5. Carers hold the book, turn the page and tell the self-advocate what is happening
6. Bring the group back together.
7. Ask people how that made them feel
8. Go back into pairs
9. Self-advocates hold the book, turn the page, explain what is happening

10. Bring the group back together
11. Ask people how that made them feel
12. Two facilitators do a role play
13. Discuss
14. Two facilitators do a second role play.
15. Discuss
16. Carers go and work with their self-advocate
17. Facilitators - walk around
18. Check that carers are using the books correctly
19. If they are not, quietly remind them of the right way

GROUP TRAINING 3

SESSION 3. I MANAGE

1. Bring carers back together
2. Ask what they thought about I Change My Pad and the exercise
3. Hand out I Manage visual story
4. Explain the purpose of the story
5. Explain that menstrual blood is not shameful. Sometimes menstrual blood does leak on your clothes. That happens. But we want encourage our self-advocates to use a menstrual pad so that the menstrual blood is soaked up by that and not their clothes.
6. Explain the exercise: look at this story with your self-advocates
7. Ask the carers how they should look at it with their self-advocates
8. Reiterate the way they should look at the book with the self-advocates
9. Carers look at the books with the self-advocates

GROUP TRAINING 3

SESSION 4. CERTIFICATES AND CLOSE

1. Ask how they found looking at the visual stories
2. Share experiences
3. Ask the group to look at the books often
4. Tell the self-advocates these are their books. Keep them by your bed. Look at them often
5. Hand out certificates
6. Please keep up the good work – we want to stay Bishesta and Peranas!
7. Complete attendance sheet
8. Complete the provision of the Bishesta campaign form