

girls worldwide say



World Association of Girl Guides and Girl Scouts
Association mondiale des Guides et des Eclaireuses
Asociación Mundial de las Guías Scouts

WORLD ASSOCIATION OF GIRL GUIDES AND GIRL SCOUTS, AFRICA REGION

The Anaemia Prevention Badge Guiders' Training Manual

WORLD ASSOCIATION OF GIRL GUIDES AND GIRL SCOUTS, AFRICA REGION

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This is a publication of the World Association of
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FOREWORD

The World Association of Girl Guides and Girl Scouts (WAGGGS), is the World's largest international voluntary organisation for girls and young women. More than a million volunteers work with 10 million Girl Guides and Girl Scouts in 144 countries, with over 30 countries working towards membership.

WAGGGS' mission statement is **to enable girls and young women to develop their fullest potential as responsible citizens of the world.**

WAGGGS is divided in five Regions: Africa, Arab, Asia/Pacific, Europe, Western Hemisphere.

As an expert on issues affecting girls and young women, WAGGGS and its Member Organisations increasingly focus on the major health issues facing young people, including HIV and AIDS, adolescent pregnancy, nutrition, and the health of mothers and young children. For this reason this triennium (2005 - 2008) advocacy theme is **Adolescent Health**. In Africa, anaemia is the most common form of malnutrition among women and girls of reproductive age (ages 15 to 49).

The Anaemia Prevention Badge Guiders' Training Manual is a great addition to the Girl Guides' quest for offering services to improve their health and that of their communities. Through the knowledge and skills acquired, the Girl Guides will reduce anaemia among themselves and in their communities.

This Girl Guides Anaemia Prevention Badge Guiders' Training Manual was developed by the World Association of Girl Guides and Girl Scouts, Africa Region, in partnership with the Regional Centre for Quality of Health Care (RCQHC), and the Food and Nutrition Technical Assistance (FANTA) Project at the Academy for Educational Development (AED), with funding from USAID. It will be used to give Girl Guides the information and skills they need to reach out to their peers and women in their community in order to prevent anaemia.

In addition to this Guiders' Training Manual, the team has developed an Anaemia Prevention Badge Workbook, filled with activities to help the girls learn about anaemia and fulfil their community outreach activities, and an Anaemia Prevention Badge Handbook, which provides guidance on earning the Anaemia Prevention Badge.

I believe that the information contained in this Manual will equip our Girl Guides and Girl Scouts with knowledge and skills to help break the vicious cycle of malnutrition, especially iron deficiency anaemia.



Mrs. Honorine R. Kiplagat
The Chairman, Africa Committee
World Association of Girl Guides and Girl Scouts

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I wish to recognise the contributions from Dr. Sam Okuonzi, Director, RCQHC; Dr. Hana Neka Tebeb, Child Health and Nutrition Advisor, RCQHC. Special recognition goes to Ms. Christine Omondi, Activity manager, RCQHC whose skill in coordinating this project was essential. I also wish to recognise Ms. Kristen Cashin, Maternal Child Health and Nutrition Specialist, FANTA and Dr. Robert Mwadime, Regional HIV/AIDS Specialist, FANTA, who not only provided technical input but also directed the development of this manual. Our Consultant, Maina Kiranga, assisted in putting the manual together. Additionally, Dr. Joel Okullo, former Director, RCQHC; Dr. Sarah Naikoba, former Child Health and Nutrition Advisor, RCQHC; and Leslie Elder, former Senior Maternal and Child Health and Nutrition Advisor, FANTA, each made a great contribution to the early phase of the project.

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Your individual and team contributions will assist in breaking the vicious cycle of malnutrition especially iron deficiency anaemia.

A handwritten signature in cursive script that reads "HR Kiplagat".

Mrs. Honorine R. Kiplagat
The Chairman, Africa Committee
World Association of Girl Guides and Girl Scouts

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INTRODUCTION

Background

Anaemia has many causes, including nutritional deficiency, malaria, and parasites, such as hookworm. Because it is so widespread, anaemia is often considered to be normal or is not noticed at all. However, it is especially dangerous for pregnant women, infants, growing children and adolescents, putting them at risk for poor mental and physical growth, illness, disability, and death. We must address all causes of anaemia and help as many people as possible to prevent and treat anaemia. We can do this by including anaemia prevention as a part of health programs, water and sanitation services, school curricula, and the work of community groups.

The Africa Region Office of the World Association of Girl Guides and Girl Scouts (WAGGGS), together with the Food and Nutrition Technical Assistance Project (FANTA) at the Academy for Educational Development (AED) and the Regional Centre for Quality of Health Care (RCQHC) developed this manual to help improve the nutritional status of women and girls by 1) increasing girls' and women's knowledge of anaemia prevention and 2) increasing girls' and women's ability to effectively prevent anaemia through personal care actions, such as taking iron folic acid supplements during pregnancy and sleeping under bednets, and through community activities, such as school-based de-worming.

Among the materials developed to assist the Girl Guides are:

- **Anaemia Prevention Badge Guiders' Training Manual** that Guiders will use to train Girl Guides on anaemia, its causes and how to prevent it
- **Anaemia Prevention Badge Workbook** for Girl Guides to use in the process of learning
- **Anaemia Prevention Badge Award Handbook** that outlines the activities the Girl Guides need to complete to earn the badge
- **Anaemia Prevention Badges** for Brownies, Guides and Rangers

Purpose and objectives

This Training Manual is to be used by Guiders to teach anaemia prevention knowledge and skills to Girl Guides ages 7 years to 18 years.

The objectives of the manual are to:

1. Provide Guiders/trainers with the tools and materials needed for teaching Girl Guides about anaemia prevention
2. Provide knowledge and skills needed by Girl Guides to:
 - a. Change their own behaviour to prevent anaemia and
 - b. Reach other girls and women in their communities to help them prevent anaemia

How to Use the Manual

It is recommended that all Guiders using this manual should undergo a three-to-four day WAGGGS Africa Region course on the Anaemia Prevention.

Guiders are encouraged to use this manual, step by step, to help Girl Guides to learn the knowledge and skills needed to earn the Anaemia Prevention Badge. Each **Session** begins with:

1. Purpose of the session
2. Objective of the session
3. Estimated time required to complete the session
4. Materials needed to teach the session
5. Advance preparation needed for the session



The **Procedure** for presenting each session is laid out in **STEPS**. Guiders are encouraged to follow the steps in presenting their materials, but also to be creative and adapt the manual to the needs of their Girl Guides. They should refer to the **Anaemia Prevention Badge Award Handbook** to find the activities that Brownies, Girl Guides and Rangers must fulfil in order to earn the badge. In addition, the **Anaemia Prevention Badge Workbook** provides practical activities to help the Girl Guides to learn about anaemia prevention and control. The Girl Guides will learn about anaemia through the stories of a Girl Guide named *Jane*, and her friend *Miriam*. Guiders should use the stories to help the Girl Guides to understand anaemia.

The activities described in the sessions are models. The Guider should change them to fit the age group and situation of the Girl Guides she works with. In some cases a Guider may need to use more simple language or concepts, especially when working with younger girls, such as Brownies/Blue Jays. Guiders are encouraged to use practical activities in which Girl Guides conduct anaemia prevention activities, applying the new concepts they learn. Community outreach is very important and the Guider should help the Girl Guides to reach the whole community with their songs, posters, and other activities. This includes girls and boys their own age as well as adult male and female leaders. An example is organizing a de-worming day for all children at school, with the involvement of community leaders and health workers.

Annex 1 explains several participatory training methodologies that will help Guiders work with the Girl Guides, and offers guidance to the Girl Guides on communicating with their peers and their community.

A handwritten signature in cursive script that reads "Alice Waweru".

Alice Waweru,
Development Executive,
Africa Region (English Speaking Countries)