

# MHM Education Guide

## COVID-19 Recommendations

Developed together with Splash

Due to Covid-19 restriction, some places may apply rules for bringing people together, such as distancing or wearing masks, etc.. Please check your local regulations first and adjust the following recommendations to your local situation!

### General recommendations:

- Bring soap & water and hand sanitizer, if available, to the training!
- Ensure a well-ventilated space for the training.
- You may want to inform and confirm with the participants ahead of the training in case specific rules apply, such as distancing, wearing masks, prior testing, or prove of vaccination status (if available), etc.
- Maybe include a reminder of the rules at the start of the training.

### MHM Education Guide training:

When making the seating arrangements before starting with Rosie's World, ask students to sit (ideally!) in a circle and ensure that all participants are spaced out 1,5 m (or six feet) of distance and wearing masks. Students should have their own pen/pencil and at least 4 pieces of paper for drawing.

The reading of the story can happen in the normal class context so long as safe COVID-19 protocols are in place and followed by each student and trainer/teacher present.

Most activities do not need special amendments, but Activity 2, 4 and 5 require some attention. Here are our recommendations, and feel free to adapt them to fit your context:



#### Activity 2: Puberty Changes -> Hold signs instead of running

Instead of making female students run to different places in the classroom, ask students to divide a piece of paper into three pieces and have them write "boys" "girls" and "boys and girls" on each respectively. Girls can show their answer to the question by picking up the paper they think is correct.



#### Activity 4: Make your own song / I can -> Charade instead of singing

To keep this still as an activity where girls discuss with each other, ensure that the girls in the groups keep distance when discussing among themselves. Instead of singing their own hymns, ask girls to express what they want and can do in non-verbal gestures (charade). The girls in the other group need to guess what the girl is performing. If these students agree with what they see and they want to do it, too, they can express their support by raising their hands in a "silent applause" and waving.



#### Activity 5: "Yarn Game" -> Tie rope to your own wrist

To keep adequate space, girls should throw the yarn ball rather than walk/hand it to the other girls in their groups. Girls can tie the yarn around their own wrist, or onto their backpacks as a symbol of their commitment to be period positive and supporting each other.