Affecting hygiene behaviour change through netball in Papua New Guinea

Lua Rikis, Stephanie Franet, Meg Smith and Julienne Leka-Maliaki

WaterAid, Women Win and Netball PNG

Papua New Guinea
Context

Gender

• An estimated 70% of women experience violence in their lifetime¹

• PNG rated 154 out of 188 countries on Gender Inequality Index²

• Women are often excluded from leadership and decision making roles & paid employment
  • One of only 5 countries globally that has no politicians who are women

• Women are largely responsible for household water collection, cleanliness of sanitation facilities; and the hygiene practices of the family

• Addressing gender equality is a significant challenge

WASH

• Around 4.8 million people (63% of the country’s population) do not have clean water³

• 6.2 million people (81% of the country’s population) do not have a decent toilet³

• Over 200 children under 5 die a year from diarrhoea³

¹ Human Rights Watch 2018
² UNDP Human Development Index
³ WaterAid
WASH and Sport for Development in PNG

• Projects at the intersection of WASH, gender and sport
• Three-years of implementation in Papua New Guinea
• Goal: Girls and women are empowered to lead healthy lives

Change Domains:

- Increased participation of girls and women in sport
- Improved knowledge of and attitudes towards HWWS and MHM
- Increased leadership opportunities for girls and women in sport
Hamamas Lo Pilai: ‘Happy to Play’
10 week Schools program

- Sport (netball), Life skills & WaSH
- Developed by WaterAid & Women Win & Netball PNG & Netball Australia
- Girls aged 10 to 14 years old
- 10 weeks of twice-weekly sessions
- Two schools in East Sepik
- Pilot Phase - during 2017/18
Why sport?

- There is evidence that sport can effectively build girls’ leadership.
- Sport can be a gender transformative tool & tool for psychosocial development.
- Sport regularly convenes groups and provides a communication platform.
- Foundation for using play-based methodology:
  - **Levels of learning during play**
    - Head (Mental)
    - Body (Physical)
    - Heart (Emotional)
    - Friends (Social)

- Sport is popular in the PNG.
- Netball participation is growing.
- Prominent & visible National Netball team; PNG Pepe’s.

4 Women Win: Empowering Girls and Women through Sport and Physical Activity.
<table>
<thead>
<tr>
<th>Netball Session</th>
<th>Life Skills Session</th>
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<tr>
<td>W01 Introduction – games</td>
<td>Drawing the Line (Round 1)</td>
</tr>
<tr>
<td>W02 Passing and Catching</td>
<td>Communication</td>
</tr>
<tr>
<td>W03 Attack</td>
<td>My Values</td>
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<tr>
<td>W04 Defence</td>
<td>Standing up for Yourself and your Values</td>
</tr>
<tr>
<td>W05 Shooting</td>
<td>Leadership</td>
</tr>
<tr>
<td>Extra</td>
<td>Planning &amp; Implementing a Community Event</td>
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<tr>
<td>W06 Footwork</td>
<td>Personal Hygiene</td>
</tr>
<tr>
<td>W07 Passing</td>
<td>Menstrual Health and Hygiene 1</td>
</tr>
<tr>
<td>W08 Net Set Go Game</td>
<td>Menstrual Health and Hygiene 2</td>
</tr>
<tr>
<td>W09 Match Practice</td>
<td>Drawing the Line (Round 2)</td>
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<tr>
<td>Carnival planning</td>
<td>Reflection Activities &amp; Discussion</td>
</tr>
<tr>
<td>W10 Netball Carnival &amp; Wrap-Up</td>
<td></td>
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</tbody>
</table>
Pilot period: September – February 2017

- 6-Day training for 11 Coaches (teachers and netball volunteers)
- Equipment provided to implementing schools
- Hamamas lo Pilai rolled out in two primary schools in the East Sepik
- 60 girls aged 10 – 14 experienced the twenty sessions
<table>
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<th>Tool</th>
<th>Focus</th>
<th>Collection methods</th>
</tr>
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<td>Participant attendance sheet</td>
<td>Participant attendance to each session</td>
<td>Coach completes each session</td>
</tr>
<tr>
<td>Life Skills and Netball Session Reports</td>
<td>Coaches feedback and reflection on each session</td>
<td>Coaches completes after each session</td>
</tr>
<tr>
<td>Drawing The Line</td>
<td>Determine girls attitudes to leadership, values, sport, hygiene, health and gender</td>
<td>Participatory session with students at the start and end of the program</td>
</tr>
<tr>
<td>Most Significant Change</td>
<td>Identify any changes (outcomes) that the program may have contributed</td>
<td>Coaches facilitate at the end of program</td>
</tr>
<tr>
<td>Coaches Baseline &amp; Endline Questionnaire</td>
<td>Determine coaches leadership and netball coaching skills, attitudes to leadership, gender and hygiene knowledge</td>
<td>Self-administered before Coach training and at Coach debrief</td>
</tr>
<tr>
<td>Coach debrief session</td>
<td>To hear reflections and feedback from the Coaches</td>
<td>Focus Group Discussion, and recording</td>
</tr>
</tbody>
</table>
## Pilot results – Coach Base & Endline Questionnaire

**Theme: Leadership**

<table>
<thead>
<tr>
<th>Question</th>
<th>Baseline Result</th>
<th>Endline Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do you rate your leadership skills?</td>
<td>4.92 / 10</td>
<td>6.4 / 10</td>
</tr>
<tr>
<td>People in my community view me as a leader</td>
<td>23% disagree</td>
<td>0% disagree</td>
</tr>
<tr>
<td></td>
<td>77% agree</td>
<td>100% agree</td>
</tr>
<tr>
<td>During meetings at my netball club, I speak up when I have something to say</td>
<td>38% disagree</td>
<td>0% disagree</td>
</tr>
<tr>
<td></td>
<td>54% agree</td>
<td>100% agree</td>
</tr>
<tr>
<td>I am a role model to girls in my community</td>
<td>16% disagree</td>
<td>0% disagree</td>
</tr>
<tr>
<td></td>
<td>85% agree</td>
<td>100% agree</td>
</tr>
</tbody>
</table>
## Pilot results – Coach Base & Endline Questionnaire

### Theme: Confidence

<table>
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<tr>
<th>Question</th>
<th>Baseline Result</th>
<th>Endline Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel confident to run netball drills independently without any other coaches present</td>
<td>53% disagree 38% agree</td>
<td>20% disagree 80% agree</td>
</tr>
<tr>
<td>I feel comfortable talking to girls about how their body changes in puberty, including menstruation</td>
<td>16% disagree 85% agree</td>
<td>0% disagree 100% agree</td>
</tr>
<tr>
<td>Boys and men are better leaders than girls and women</td>
<td>92% disagree 8% agree</td>
<td>100% disagree 0% agree</td>
</tr>
</tbody>
</table>
Quotes from Coaches debrief

“[The] other teachers, like, they didn’t know how to play but through those sessions they delivered those sessions with confidence, as if they really know how to play. ...... It’s really nice. It’s one thing I saw in the teachers was the confidence in themselves when they were delivering the sessions.”

HLP Coach, Primary School 1

“As a male officer in this school, I found the program very very important to the girls, and even to some of our male officers too. The very first thing that I found out was the maturity in the student themselves. The program helped them to think beyond the classroom context and even looking at life itself as important.”

Teacher who observed the HLP program, Primary School 2
Pilot results – Coach Base & Endline Questionnaire

Theme: Hygiene knowledge

Baseline:

3.2 What are the 3 key hygiene practices that stop us getting sick and spreading sickness or disease to others?

Select three answers

- Washing hands with soap: 12 (92%)
- Wearing clean clothes: 2 (15%)
- Using toilets: 9 (69%)
- Drinking clean water: 13 (100%)
- Washing hair with shampoo: 0 (0%)
- Sweeping the floor frequently: 3 (23%)

Endline:

3.2 What are the 3 key hygiene practices that stop us getting sick and spreading sickness or disease to others?

Select three answers

- Washing hands with soap: 10 (100%)
- Wearing clean clothes: 3 (30%)
- Using toilets: 7 (70%)
- Drinking clean water: 9 (90%)
- Washing hair with shampoo: 0 (0%)
- Sweeping the floor frequently: 1 (10%)
Results – Netball Session Reports

How confident were you in delivering the netball session? 9.25 / 10
How engaged were the participants during the activities? 8.25 / 10

“100% engaged with higher interests because they knew different netball skills from other session, which assist them to play the game.”

Comment from Netball Session Report

Results – life skills Session Reports

How confident were you in delivering the netball session? 10 / 10
How engaged were the participants during the activities? 8.82 / 10

“100% engaged. The warm up game of missing toilets just motivate them with interest. Then the play based game of hygiene tag in round 1,2 and 3 boost their interest to identify the message behind the game.”

Comment from life skills session report
Drawing The Line

Most Important Cards (max 10)

1. Left out due...
2. Girls can be...
3. Space to play...
4. Should point...
5. Should be co...
6. Someone writ...
7. Rights and re...
8. No favorites...
9. Shoes to play
10. We have up...
11. Separate ch...
12. Place disposal...
Challenges identified by Coaches during the pilot:

- **Time:**
  - Sessions were too short for the amount of content
  - Fitting the sessions into the school day (after soon hours) and in term 4
- **Netball:**
  - Desire to have more technical training on netball coaching

Next steps for Hamamas lo Pilai:

- Trial Hamamas lo Pilai in four schools in Central Province & four more schools in East Sepik
- Engage Netball PNG volunteers as the Coach / implementers for the next set of trials
- Develop a shortened version of Hamamas lo Pilai to be part of a research projects with IWC;
  - Handwashing station upgrades
  - Nudges
  - HWWS and hygiene education through sports sessions
“[The students were] able to relate leadership roles in the game with life situations.”

Comment from Life skill session report
Tenkyu Tru!

Lua Rikis,
Program Coordinator, WASH & Sport for Development
WaterAid
Lua.rikis@wateraid.org.au

Stephanie Franet
Program Officer, WASH & Sport for Development
WaterAid
Stephanie.Franet@wateraid.org.au