

Affecting hygiene behaviour change through netball in Papua New Guinea

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WASH
FUTURES



Water, Sanitation & Hygiene Conference 2018

Collaboration for Universal WASH

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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

1 Human Rights Watch 2018

2 UNDP Human Development Index

3 WaterAid



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



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' leadership⁴
- 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 methodology⁴:

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.



Netball Session

Life Skills Session

W01	Introduction – games	Drawing the Line (Round 1)
W02	Passing and Catching	Communication
W03	Attack	My Values
W04	Defence	Standing up for Yourself and your Values
W05	Shooting	Leadership
Extra	Planning & Implementing a Community Event	
W06	Footwork	Personal Hygiene
W07	Passing	Menstrual Health and Hygiene 1
W08	Net Set Go Game	Menstrual Health and Hygiene 2
W09	Match Practice	Drawing the Line (Round 2)
	Carnival planning	Reflection Activities & Discussion
W10	Netball Carnival & Wrap-Up	

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



Monitoring and Evaluation tools

Tool	Focus	Collection methods
Participant attendance sheet	Participant attendance to each session	Coach completes each session
Life Skills and Netball Session Reports	Coaches feedback and reflection on each session	Coaches completes after each session
Drawing The Line	Determine girls attitudes to leadership, values, sport, hygiene, health and gender	Participatory session with students at the start and end of the program
Most Significant Change	Identify any changes (outcomes) that the program may have contributed	Coaches facilitate at the end of program
Coaches Baseline & Endline Questionnaire	Determine coaches leadership and netball coaching skills, attitudes to leadership, gender and hygiene knowledge	Self-administered before Coach training and at Coach debrief
Coach debrief session	To hear reflections and feedback from the Coaches	Focus Group Discussion, and recording



Pilot results – Coach Base & Endline Questionnaire

Theme: Leadership

Question	Baseline Result		Endline Result	
How do you rate your leadership skills?	4.92 / 10		6.4 / 10	
People in my community view me as a leader	23% disagree	77% agree	0% disagree	100% agree
During meetings at my netball club, I speak up when I have something to say	38% disagree	54% agree	0% disagree	100% agree
I am a role model to girls in my community	16% disagree	85% agree	0% disagree	100% agree



Pilot results – Coach Base & Endline Questionnaire

Theme: Confidence

Question	Baseline Result		Endline Result	
I feel confident to run netball drills independently without any other coaches present	53% disagree	38% agree	20% disagree	80% agree
I feel comfortable talking to girls about how their body changes in puberty, including menstruation	16% disagree	85% agree	0% disagree	100% agree
Boys and men are better leaders than girls and women	92% disagree	8% agree	100% disagree	0% agree

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.”

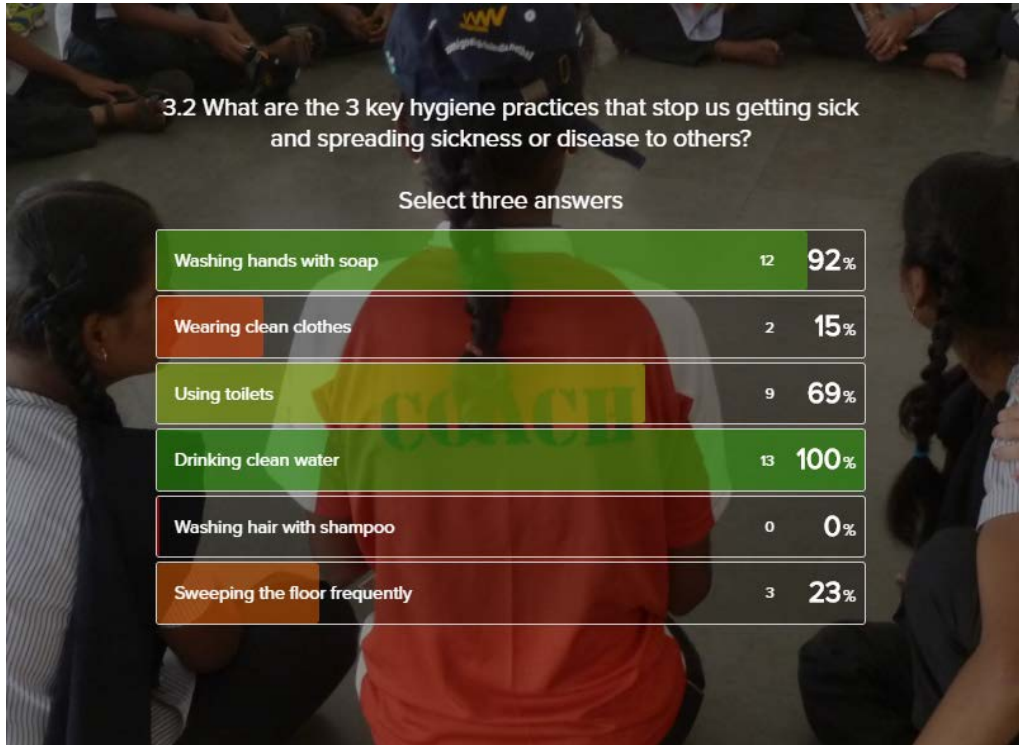
Teacher who observed the HLP program, Primary School 2



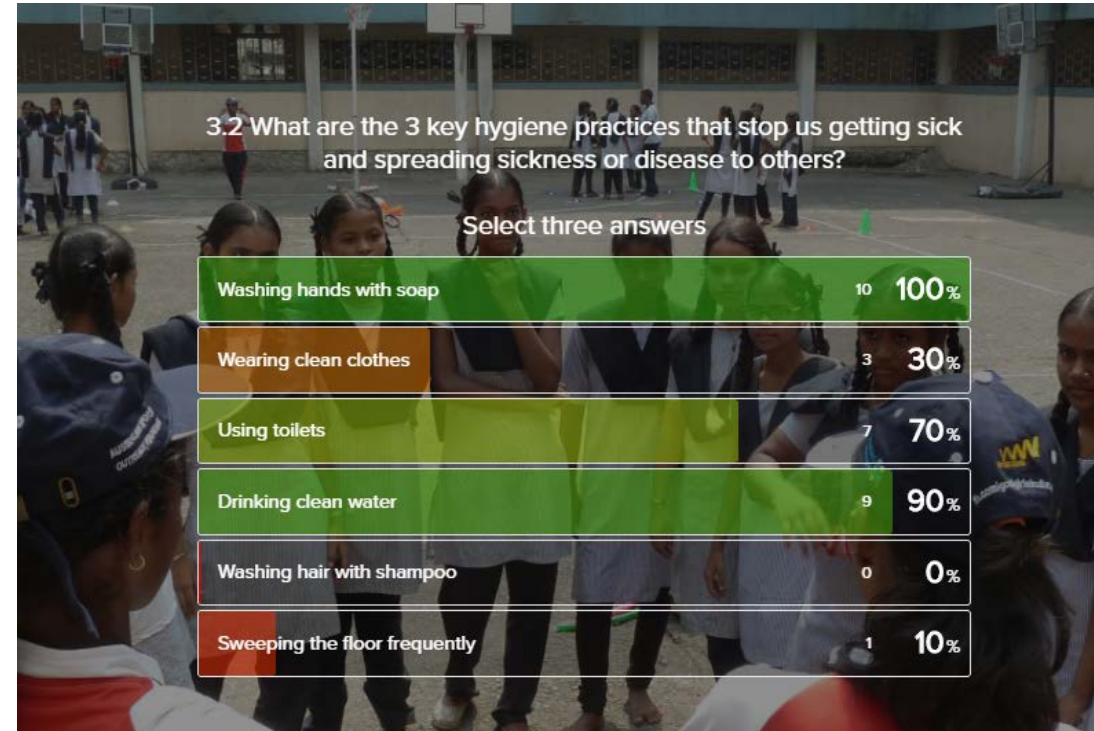
Pilot results – Coach Base & Endline Questionnaire

Theme: Hygiene knowledge

Baseline:



Endline:



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



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 school 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!

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