

GOAL 3: GOOD HEALTH AND WELL-BEING



45 MINUTES

3 GOOD HEALTH AND WELL-BEING



End poverty in all its forms, everywhere

PURPOSE

To show how disease can spread between people and how to prevent it.

MATERIALS

- Non-toxic, washable paint (any colour)
- Small, damp tea towels or face cloths

ACTIVITY 1 (15 MINUTES)

Put paint on the left hand of one or two of the group. Ask all the young people to shake left hands with the person on either side of them. Choose a few prompts to get everybody mixing and shaking hands with other people: older, younger, name starts with the same letter, etc.

DISCUSSION (5 MINUTES)

Explain that the paint represents a disease or germs which can be spread by touching hands.

ACTIVITY 2 (15 MINUTES)

Get everyone to wash their hands, and start again. Put paint on the hands of one or two of the group. Give a third of the other young people a damp towel. Repeat the hand shaking exercise but instruct anyone with a towel to wipe the paint off their hand between shakes. Use the prompts as before.

DISCUSSION (10 MINUTES)

How many people now have painted hands? Is it different than before? The damp towels represent washing their hands.

How many times do they wash their hands each day? Do they think about conserving water? How would they feel if they couldn't wash their hands?

In some countries where clean water is scarce, it is difficult to wash your hands as water has to be conserved for things such as drinking.

SUMMARY



Summary

GOAL 3

While many of the targets for this goal focus on preventing diseases and ensuring quality healthcare for all, it is important to also think about ways we can protect our own health and consider the importance of mental health and well-being.

TARGETS

- Reduce the number of women dying in childbirth.
- Prevent the deaths of new-borns and children under five years old.
- End the epidemics such as HIV / AIDS and other diseases such as malaria, hepatitis and waterborne diseases.
- Educate people on prevention and abuse of drugs and alcohol as well as mental health issues.
- Halve global deaths and injuries from road traffic accidents.
- Provide information about family planning, sex education and reproductive health.
- Ensure that everyone can get the healthcare they need, including accessible and economical medicines and vaccines.

- Substantially reduce the number of deaths and illnesses from hazardous chemicals, air, water and soil pollution and contamination.

ACTIVITY

Find out how easily disease spreads and the importance of hand washing through a simulation game.

TAKE IT FURTHER

- If you are working towards an Emergency Aid badge, explain that gloves should be used whenever giving first aid, for the same reason as we wash our hands.
- If you are working towards the Scout Global Issues badge, you can lead into a broader conversation about disease prevention, and use the existing Global Issues activities on HIV/AIDS.

GO TO GOAL 4 