

Hygiene Heroes

Primary

National Hygiene Week, led by [The Hygiene Bank](#), is designed to help raise awareness of and support those experiencing hygiene poverty. With over 14 million people in the UK living in poverty*, some of us simply cannot afford the products we need to keep clean. Those who don't have the means to access hygiene products can be held back from fully participating and contributing to society. This can negatively affect one's self-esteem and confidence.

This National Hygiene Week, join us to become Hygiene Heroes and help those experiencing hygiene poverty feel positive and feel good.

Learning Framework skills:

-  Reflection
-  Argument formation
-  Social and emotional learning

Curriculum links:

Relationships and Sex Education:

Pupils should know:

- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- that mental well-being is a normal part of daily life, in the same way as physical health.

1.

Imagine

Imagine your household earns £390 per week.** The average household spends 73.6% of their weekly income on expenses such as transport, bills and leisure.*** This would leave your household with £102.96. You have three more things you need to pay for:



Housing rent and power

Average spending:
£79.40 per week

Food and drink

Average spending:
£61.90 per week



Hygiene products

Average spending:
£13 per week



Do you have enough money to pay for all these things?



Which would you prioritise? Why?



Is that an easy decision to make?



How would you feel about not having some of these things?

2.

Learn

Cut out the facts from the next page and use the questions below to have a discussion about what you learn.



What effect do you think this has on someone's life?



How do you think this affects someone's ability to feel good?

Do good to help others feel good!

3.

Do

Watch [this video](#) to hear Elisha's story about living with hygiene poverty.

Design a Hygiene Hero badge, write what you will donate and how it will help people feel good.

Share what you've learned with your family and friends. Come together to collect donations for your local Hygiene Bank, or even volunteer your time!

**UK Poverty 2019/20." JRF, Feb. 2020, www.jrf.org.uk/report/uk-poverty-2019-20

*** www.ons.gov.uk/employmentandlabourmarket/peopleinwork/earningsandworkinghours/bulletins/lowandhighpayuk/2019#:~:text=Low%20pay%20is%20defined%20as%20the%20value%20that%20is%20two,13.27%2C%20which%20is%20%2C%20A38.85

*** [www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/bulletins/familyspendingintheuk/april2018tomarch2019#:~:text=2.-High%2Dlevel%20household%20spending,582.40\)%20after%20adjusting%20for%20inflation](http://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/bulletins/familyspendingintheuk/april2018tomarch2019#:~:text=2.-High%2Dlevel%20household%20spending,582.40)%20after%20adjusting%20for%20inflation)

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Hygiene Heroes Resources

Primary



What is hygiene poverty?

It is going to school with matted hair because there is only one hairbrush in the household and there's no time for everyone to get a chance to use it.

It is not being able to wash clothes, school uniform and muddy sports kit when needed.

It is not being able to replace a toothbrush when needed or sharing a toothbrush because one each isn't an option.

It is washing hair, bodies, faces and clothes in the same washing up liquid used for the dishes.

It is struggling to wash your hair because you can't afford shampoo.

Hygiene Hero badge



Hygiene Hero badge

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