

combination of facilities, correct behavioural practices and environmental education are meant to have a positive impact on the entire community, at present and in the future.

If school sanitation and hygiene facilities are absent or are badly maintained and used, schools become risky places where diseases are transmitted. Lack of facilities in schools including menstrual waste management facilities for girls, are one of the reasons of a high dropout rate in Pakistan.

It is important that schools have proper sanitation and safe drinking water facilities to reduce the incidence of sanitation and hygiene-related diseases. Proper use of hygiene facilities can also protect the natural environment.

In the absence of facilities, overall health and mental concentration of students is always highly affected. Many children are likely to leave school due to its uncomfortable and unattractive environment. Young children are at a greater risk of various infections and diseases and schools have the responsibility to educate their students and foster among them healthy and hygienic behaviors to avoid unhealthy outcomes.

They need to warn their students about various health risks, and counsel them for guidance about how to protect themselves and others against diseases and other forms of ill-health by adopting healthy and hygiene habits.

UN-Habitat has successfully completed the project titled "Water Environmental Sanitation and Hygiene Education in Urban schools through Environment Clubs" to improve WASH awareness and facilities in 28 selected urban schools around 30 informal settlements of Islamabad, Rawalpindi, Lahore, Karachi and Quetta.

The aim of this project was to build capacity of schools and communities in order to facilitate behavioral and attitudinal changes among children and communities to promote better understanding of the critical roles that water conservation and environmental sanitation, among other things, play in human development and survivals using human values based upon hygiene education. Human values-based hygiene education inspires and motivates learners to change their behavior with a view to promoting/adapting wise and sustainable use of water, sanitation and hygiene.

This approach seeks to impart information on water, sanitation and hygiene education and also inspires and motivates learners to change their behavior with a view of promoting wise and



permanent use thereof. It will have its impact on conservation of water and saving it from contamination. This apart, access to clean water has a direct impact on health of the children, due to water-borne diseases. It has been observed that provision of water and toilet facilities also help in reducing absenteeism and dropout rate in schools, particularly among girls.

Objective and Perceived Outcomes

- Build capacity of school-enrolled children in order to facilitate behavioral and attitudinal changes.
- Capacity building of the local communities to promote better understanding on the critical roles that sanitation, health and hygiene education, among other things, play a significant role in human development and survival.
- Capacity building of the stakeholders and particularly teachers on health and hygiene so they have started the hygiene sessions in the class rooms.
- Sensitization regarding project to provincial policy makers, education managers, civil society representatives, educationists, educators, teachers and parents etc.



Achievements

Under this project UN-Habitat staff delivered 231 hygiene sessions for the students in 28 selected schools of Islamabad, Rawalpindi, Lahore, Quetta and Karachi. These students are trained to disseminate & transfer the gained knowledge to their communities as part of sustainability.

UN-Habitat organized 11 events on World Water Day, Environment day, Habitat Day and Global Hand washing Day in four cities, Islamabad, Lahore, Quetta and Karachi. UN-Habitat also provide/improve drinking water, sanitation, water storage, hand washing facilities and sewerage system in 27 selected schools of these five cites. Details of these facilities are as follows;

Total Facilities Improved in 28 Schools		
S.No	Facility	No. of Facilities Improved
1	Drinking water facility/Filtration Plant	14
2	Hand washing facility Improvement/Construction	10
3	Sanitation facility improvement/Construction	20
4	Reconstruction of sewerage system	4
5	Total	48

Total Project Activities and Beneficiaries in 5 Cities						
S.No	Total Beneficiaries	No. of Activities	Male/ Boys	Female \Girls	School Staff /teachers	Total No of Beneficiaries
1	Capacity Building /Training	5 Trainings	17	90	56	163
2	Hardware Installations	27 Schools	3542	10239	321	14102
3	Soft Activities/Hygiene sessions	231 Sessions	3707	7154	144	11005
4	International Days /Awareness Events <ul style="list-style-type: none"><li>• World Water Day</li><li>• World Environment Day</li><li>• World Habitat Day</li><li>• World Hand Washing week</li></ul>	11 Events	405	3515	93	4013



WATER and ENVIRONMENTAL SANITATION and HYGIENE EDUCATION in URBAN SCHOOLS through ENVIRONMENT CLUBS



in collaboration with:





## UN-Habitat & UNESCO School Health & Hygiene Programme

It is envisaged that teachers trained under UN-Habitat & UNESCO School Health & Hygiene Programme for Water, Environmental Sanitation and Hygiene Education in Urban Schools through Environment Clubs will address various needs of students' health in schools. This will ensure the continuity of physical, mental and emotional well-being of the students resulting:

- Betterment of academic achievements of students.
- Reducing dropout rates significantly and sustaining completion rate of studies of students at large.
- Providing opportunities to groom natural capabilities of the students.
- Enhancing healthy activities among students.
- Enabling students to take part in their practical lives with their full potential for performing a positive role in society.
- The overall environment of the schools be neat and clean.
- Clean and safe drinking water be available for all students at school level.
- Sports facility be available at school level.
- Gender discrimination be stopped at all levels.
- Human Rights, particularly of students belonging to minorities, not be violated.
- Health related Supplementary Reading Material be made available in the schools as to create awareness among students to maintain their health, and to provide better strategies for health improvement.
- Students be instructed regarding new trends and challenges of health and hygiene such as population education, environmental education, gender awareness, protecting rights of minorities and persons with disabilities and needs of refugees etc.

It is anticipated that our joint effort would create awareness among parents, students, teachers and head teachers of public as well as private educational institutions so that they could take care of students' health & Hygiene in and outside the schools.



## Safe Drinking Water, Sanitation Health and Hygiene

In Pakistan, 37% population is living in the urban areas while 63% population is living in the rural areas (*source: United Nations, World Urbanization Prospects 2010*). Due to the increasing rate of urbanization, the sizes of the cities have been expanded significantly.

As a result, new urban slums are emerging and expanding rapidly causing immense pressures on local resources i.e. health, portable drinking water and sanitation facilities within schools. The expanding sizes of cities is also causing environmental degradation in terms of sewerage water, garbage and stinks, solid waste from the public hospitals and private health services center.



Safe drinking water, sanitation and improved hygiene behaviors are fundamental to health, survival, growth and development. However, these basic necessities are still like a luxury for many of the world's poor people.

Safe drinking water and basic sanitation are so obviously essential to health yet their risks are being taken for granted. Efforts to prevent threats to health problems from diarrhea or to reduce the burden of such diseases as Cholera and Typhoid etc. are doomed to failure unless people have access to safe drinking water and basic sanitation.

Lack of basic sanitation facilities results in poor hygienic behaviors by the communities and this indirectly inhibits the learning abilities of millions of school-aged children who are affected with intestinal worms and other water borne diseases which do not allow them to attend school regularly. Quetta and Karachi are cities with water scarcity in terms of domestic water use availability. Such conditions are directly affecting the children and women who are mostly vulnerable to various water born diseases such as diarrhea, cholera, Typhoid etc.

Urban slums in the neighborhood of Quetta and Karachi are deprived of key civic rights such as proper drinking water and sanitation facilities. Most slum dwellers depend on water tankers in order to meet their daily water requirements. In Quetta water is stored in the underground tanks for weeks and is later used for domestic purposes. Along with other deficiencies, the slums lack sanitation facilities and water is drained off in the streets for disposal

that cause acidic evaporation in the summer season and pose direct threats to human health.

## Child Development and Role of School

Schools are the most important place of learning for children; and these are considered as a central place for the children of the community. If sufficient facilities in schools are available, they can act as a model and teachers can function as role models. Schools can also influence community activities through their students.



UN-Habitat is intervening through the approach of Human Value Based Hygiene Promotion within Hygiene, Sanitation and Water (HySter) Programme frame work for flood affected areas. HySter promotes safe excreta and waste disposal which is adopted by communities through school children led mobilization and demonstration of appropriate technology.

This approach recognizes the School Management Committee (SMC), Parent Teacher Association (PTA) as the agent of change. This institutionalized approach has envisioned making schools and catchment areas free from human excreta and gradually achieving total sanitation. The outcome of this approach will be beneficial and enhance community self esteem, quality of life and reduce water borne diseases.

The quality of learning and development of children depends on a number of factors, including facilities available in schools and their own health status. One probable reason of a high dropout rate of girls after



primary education is the unavailability of sanitation facilities in schools.

Health and hygiene promotional activities such as menstrual hygiene for girls contributes in the physical development of students and also raises awareness about health issues among the parents and the local communities. This has inspired planners and educators to launch health & Hygiene related interventions in schools.



It is generally recognized that childhood is the best time for human beings to learn and improve hygiene behaviors. Children are the future parents and what they learn is likely to be applied in the rest of their lives. They have important roles in their families, taking care of younger brothers and sisters, and depending on the culture, they may also question existing practices in the household.

If children are brought into the development process as active participants, they can become agents of change within their families and a stimulus to community development. They are also eager to learn and help, and if they consider environmental care and their role as important, they can also take care of their own health and the health of others. Focusing on children will ensure the sustainability of the programme.

## Concept of Water, Environmental Sanitation and Hygiene Education in Urban Schools through Environment Clubs

Most of the populations in the informal settlements are living under very poor sanitary conditions which are likely to further worsen in the wake of ongoing climate change unless adaptation practices and awareness of environmental friendly behaviors is not promoted in a systematic manner.

While poor water and sanitation facilities affect every aspect of human wellbeing in Pakistan, lack of or bad condition of such facilities in schools does not reflect any healthy message in the minds of future generations who can be seen as actors of behavioral change. The provision of safe water and sanitation facilities is a first step towards a healthy physical learning environment.

However, the mere provision of facilities would not be sufficient to obtain the desired impact if it is not connected with an appropriate set of gradually improving environmental friendly behaviours. The