

# Teacher's Guide to Malaria Prevention



***Stronger students for malaria-free  
schools and communities***



## Teacher's Guide to Malaria Prevention

Cover photo: A school net distribution program in Cross Rivers State, Nigeria  
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## Teacher's Guide to Malaria Prevention

### Dear Teacher,

You can play a big role in keeping your students healthy and learning. Malaria is a leading cause of absenteeism, which affects the performance of students and the school as a whole. Promoting mosquito net use can help keep students malaria-free.

Students without malaria are less likely to miss school. They have more energy, allowing them to explore their world and learn better. Their families can save time and money on treatment, allowing them to invest in the child's development.

By distributing nets in schools, you have boldly shown that net use is important. Keep your momentum; promote net use *before* and *after* the distribution. Help your students feel that net use is a habit they cannot live without. Encourage the belief that nets create a cosy place for them to sleep. Urge them and their families to care for the net as if it was part of their own family.

Above all, help students reach out to their families so that everyone stays protected. The net distribution system was designed so that school students will be the means for providing families with nets. Please continue your great work in supporting students in their role as teachers of malaria prevention at home.

You can use this guide to:

- Raise awareness about the net distribution
- Teach essential life skills, such as how students can stay protected from malaria
- Answer questions and correct mistaken beliefs about mosquito nets
- Build students' ability to communicate with their families
- Cultivate students' sense of civic duty by promoting their role in making malaria prevention a family and community responsibility
- Increase self-confidence by celebrating the students and families that succeed at practicing malaria prevention behaviours.
- Help teach the standard curriculum in creative ways
- Invigorate everyday school activities

These activities are only suggestions. Every teacher, class and pupil is unique. We encourage you to adapt these activities to suit your classroom and school.

Thank you for your support. Make our schools and communities malaria-free!



## How to Use this Guide

This guide is a resource to help you teach students how to use their net, take care of it, and act as ambassadors and teachers of malaria prevention at home and in their communities. Use the messages, activities, and discussion questions in this guide to tailor your teachings.

### Prepare your activity plan

- 1.) Study the key malaria messages and learning objectives on the following pages.
- 2.) Choose an activity suitable for your students' age, interests, and the study unit. We have made some suggestions as to which are appropriate for primary and secondary school students. Feel free to consult with your fellow teachers or head of school as well.
- 3.) Choose discussion questions.
- 4.) Prepare the materials and the participants.

### Perform the activity

- 5.) Conduct the activity.
- 6.) Discuss the activity. Ask students what they thought of the activity and how they feel about the key messages. Review the key messages together. Ask students to repeat each message out loud or write them down. Have students reflect on how the key actions benefit them, the barriers they face, and how to get around them.
- 7.) Encourage students to take action. Ask students to show their parents what they learned and did in school today. Have each student pick one fact from today's lesson and quiz their family to see if they know whether it is true or false. Assign students to try a key action for one day and report back to you.

### Reinforce for results

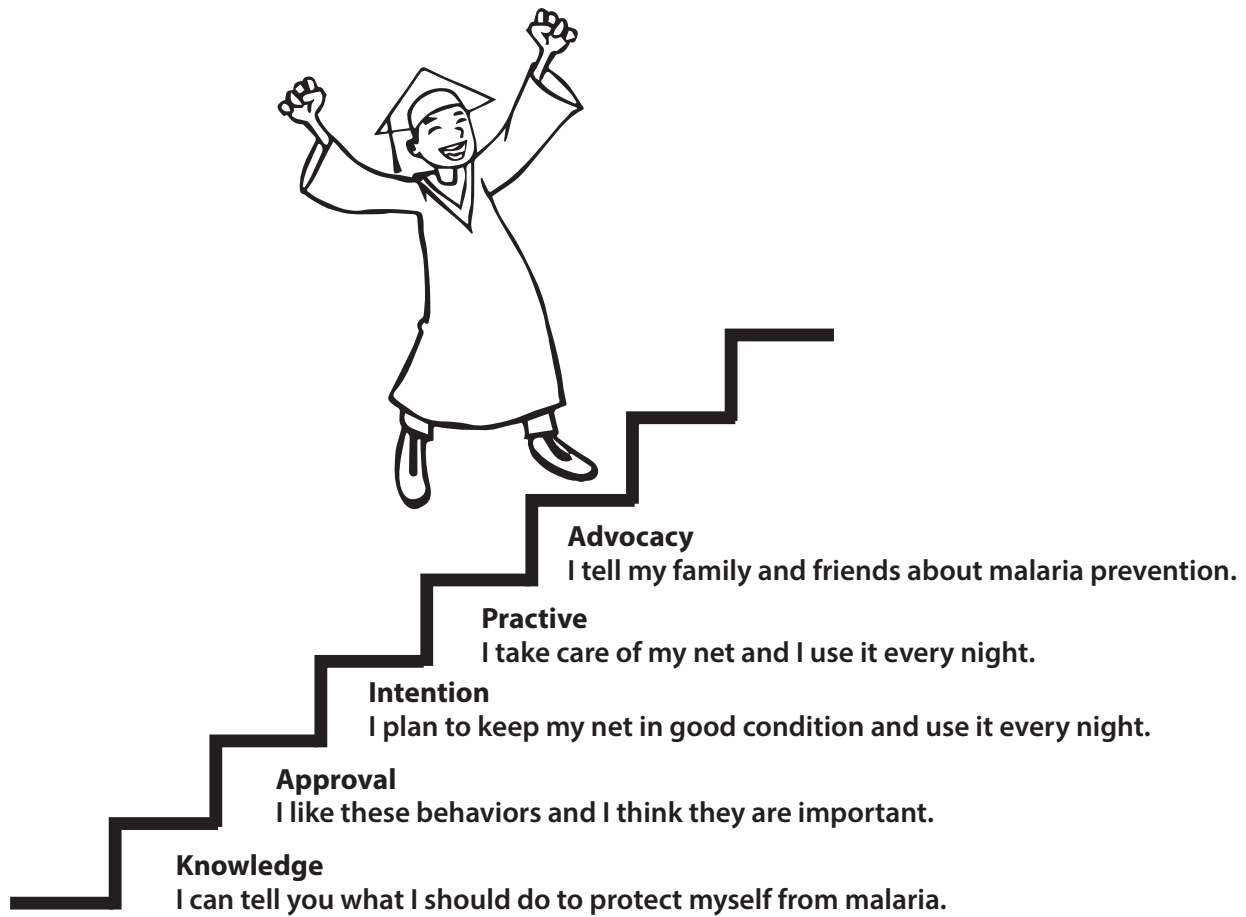
- 8.) Try another activity every few weeks. Before starting activities, ask for volunteers to tell you two facts they remember from the last activity and what they learned from talking with their family about it. Do a roll call once in a while to see who is sleeping under a net, who has helped a family member use one, and who has checked for tears in their net.
- 9.) Invite parents, community leaders, and media folks to come to school events. Grown-ups love seeing students in action at school. This is a great way to reach adults and other decision-makers in the community with malaria messages.
- 10.) Record your progress and celebrate your class's achievements.



**Many of the activities in this guide can be used at any time. So even if it says "assembly" or "classroom," feel free to use it in either setting. In general, feel free to adapt the messages and activities to fit your class. It will also develop your skill as a teacher!**



## Steps to malaria-free schools and communities: What we want students to know, feel and do





## Planning and Assessing Your Activity

Prepare for your activity by reviewing the key messages, suggested activities and discussion questions. Then identify what materials you may need. After your activity, use this form to record your thoughts about how it went and how your students are progressing. This can help you plan for the next session.

**School** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

**Class** \_\_\_\_\_ **Date** \_\_\_\_\_ **# Students** \_\_\_\_\_

Activity description

Estimated duration:

Learning Objectives (what you want students to know, feel and do, see page 3)

Materials or other preparations needed

Topics planned

- |  |   |
|--|---|
| <input type="checkbox"/> What is malaria                             | <input type="checkbox"/> How do you use an LLIN                                   |
| <input type="checkbox"/> What causes malaria                         | <input type="checkbox"/> How do you care for your LLIN                            |
| <input type="checkbox"/> How do you protect yourself from malaria    | <input type="checkbox"/> How do you wash an LLIN                                  |
| <input type="checkbox"/> Who should use an LLIN                      | <input type="checkbox"/> How do you dry an LLIN                                   |
| <input type="checkbox"/> Why is using LLIN good for the whole family | <input type="checkbox"/> What if you know someone without a net                   |
| <input type="checkbox"/> When should you use an LLIN                 | <input type="checkbox"/> What else can you do to keep your community malaria-free |

Discussion questions planned

Assignment planned

After your activity: Note observations from the session (Did pupils demonstrate low/fair/excellent understanding of the topic? How engaged were they in the activity? What did they like best?)

After your activity: Note recommendations for the future (How will you reinforce these key messages? What would you do differently? What areas will you emphasize in the future?)



## Key Messages about the School Net Distribution

These are facts that students and their parents should know about the net distribution. Pair these messages with activities and discussion questions to develop your activity plan. You can also share this information at Parent-Teacher Association meetings

### What is the school net distribution pilot?

- This is the most efficient way to keep enough nets in homes so we can prevent malaria in our community.
- Instead of asking families to come to distribution sites every few years like before, we will provide the nets to students every year. Students will be the means for bringing nets to homes in our community.
- Each student in PY1, PY4, JSS1 and SSS1 will get a net in school.
- These grades were chosen because they are one to three years apart. As a result, most homes with children will receive at least one net every two to three years.

### What should students do with the net?

- Tell your parents about the school net program. Share this information on what to do with the net and how to keep it in good condition.
- Bring the net home.
- For students in P1, a parent or their representative should pick up the child from school and collect the net on their behalf. The idea is to help ensure the child and the net get home safely.
- Air the net outside under the shade for 24 hours before use.
- Hang the net over a sleeping area, like a bed, mat or mattress.
- Tuck in all sides before sleeping so that mosquitoes cannot enter.
- This net is for the good of the family and the community. Make sure every member of the family sleeps under a net every night.
- Roll up the net in the morning to keep it from getting holes or dirt.
- Check the net for holes regularly.
- Sew up holes immediately to keep the net in good condition.

### What if you know someone without a net?

- If you know someone who has extra nets, encourage them to share.
- Pregnant women can get nets at the health centre.
- Encourage them to buy a net. It is better to buy a net than to risk getting seriously sick.

**NOTE TO STUDENTS: The health of your family is your responsibility. Protect yourself, protect your family, protect your community. Make sure the WHOLE FAMILY sleeps under a net EVERY NIGHT and ALL YEAR.**





## Key Messages for Year-Round Malaria Prevention

This section includes issues about malaria prevention that can be discussed throughout the year. Pair these messages with activities and discussion questions to develop your activity plan.

### What is malaria?

- It is a serious illness. It can start as a fever, headache or feeling of weakness. It can quickly make many children very sick and even die.
- Today we will talk about how you can stay safe from malaria.

### What causes malaria?

- **ONLY** mosquitoes cause malaria. There are no other causes of malaria. You cannot get it from too much heat, working too hard, dirty surroundings or standing water.

### How do you protect yourself from malaria?

- Make sure you, your family and neighbours sleep inside a **long-lasting insecticidal net (LLIN) EVERY NIGHT, ALL YEAR**. The nets have an insecticide which will kill or keep away mosquitoes for up to 4 years. It is safe for all children, babies, and adults.
- Keep your net in good condition.

### Who should use a LLIN?

- **The WHOLE FAMILY should sleep inside a net.** Everyone who sleeps inside a LLIN will be safe from malaria. Anyone who sleeps *outside* the LLIN can get malaria.

### Why is using the LLIN good for the WHOLE FAMILY?

- The **WHOLE FAMILY** will avoid getting malaria. You will feel healthier and stronger. No one will miss school or work. You can perform better in school.
- Your family will save time and money. Your family will not have to get mosquito sprays, coils or malaria treatment.
- You will get a good night's sleep.

### When should you use an LLIN?

- The mosquitoes that give malaria bite people at night. Sleep inside a net **EVERY NIGHT, ALL YEAR even if you don't see or hear mosquitoes**. You can get malaria during any season—dry or rainy.
- Sleep inside a net even when you are sleeping outside.

### How do you use a LLIN?

- Hang the net so it covers the whole sleeping space. Tuck the net under the mattress.
- Only use the net for sleeping. Do not use the LLIN for any other purpose. It is made to keep you safe from malaria.



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### How do you care for your LLIN?

- If the net gets a hole, sew it up quickly so the hole does not get bigger. A big hole is harder to fix. Mosquitoes can get through holes in the net, even small ones.
- Keep it away from fire, animals and sharp objects. Do not let anyone play with the net.
- Tie up the net every time it is not being used.
- Replace the net if it is not possible to fix the holes or if the net is 4 years or older.

### How do you wash an LLIN?

- Wash your LLIN only when it is dirty. Try not to wash it more than once every 3 months. Too much washing can destroy the insecticide and the net.
- Use gentle soap. Strong soaps like bleach and detergent will damage the net.
- Do not scrub the net when you wash it. Be gentle.

### How do you dry an LLIN?

- Hang it on a clothesline. Do not hang the net on a wall or fence. It will tear, and mosquitoes will be able to get inside the net.
- Make sure the clothesline is in the shade. The sun will destroy the insecticide.
- Without the insecticide, the net can keep mosquitoes away when you are inside, but it will not be able to kill them.

### What if you know someone without a net?

- If you know someone who has extra nets, encourage them to share.
- Pregnant women can get nets at the health centre.
- Encourage them to buy a net. It is better to buy a net than to risk getting seriously sick.

### What else can you do to keep your community malaria-free?

- Show your family what you learned and did in school today. Pick one fact from today's class and quiz them to see if they know whether it is true or false.
- Share the school activities and games with your siblings at home.
- Show your drawings, essays, skits, or songs with your parents and neighbours
- Check your nets for holes and sew them shut
- Make sure the **WHOLE FAMILY** sleeps under a net, **EVERY NIGHT, ALL YEAR** round.

**NOTE TO STUDENTS: Protect your net and it will protect you! No holes. No mosquitoes. No malaria.**



## Activities for Assembly or Roll Call

**Announce the campaign** Bring students together and tell them about the net distribution. Tell them who will receive nets and why they were selected. Emphasize to all students the importance of using the nets every night and keeping the net in good condition. Tell them that they will learn more about malaria in school and that they should share what they are learning with their parents. Everyone should do this activity before or during the distribution. Reinforce your teachings by trying the other activities in this guide throughout the year.

- Age group: all

**Ask for a show of hands** You can ask one or more questions, such as:

- How many students slept under a net last night?
- How many students rolled up their nets this morning?
- How many students checked their nets for holes over the weekend?

This can give you a sense of how many students claim to be using nets and caring for them properly. It also helps students understand the importance the school puts on net use and care.

- Age group: all

**Invite a guest** This person can be a health care provider or the local malaria focal person. Invite him or her to share the latest local statistics about malaria. This will help the school understand how malaria is affecting the community. Students can also learn about clinic services and the health profession. Prepare questions to pose to the presenter and encourage students to ask questions as well.

- Age group: all

**Show a skit, dance, or song** Teachers can encourage students to create a skit, dance or song and share it with the class. Teachers and students can also perform together for the school. Students enjoy seeing their peers and teachers in a less serious role, making the activity and messages memorable.

- Age group: all

**Song contests** Song contests are usually very popular and simple to organize. Teachers merely need to list the messages that the songs should contain. Potential song topics include: I love my bednet, keeping nets in good repair, and the community freeing itself from malaria when they all use nets. Students can create songs individually or in groups. The songs are then shared in class. The best one or two can compete against other classes. Songs should be chosen for musical enjoyment and having the correct information about malaria.

- Age group: all



**Remember! After every activity, ask students what they thought of the activity. Then review and summarize the key malaria messages.**



## Activities for Class

**Pick a student to tell a story** Invite a child to share how their family is preventing malaria. Ideally, the child's family uses nets every night or has repaired holes in their net recently. Teachers can identify this child based on roll call (page 8). Ask the child to describe what they do and the benefits they now experience. The idea is to recognize families for healthy behaviours and providing students with real-life examples of success in this area.

- Age group: primary school

**Play a trivia game** Contestants can answer trivia about malaria, net use, net care and repair, and common misconceptions. They can compete in groups and responses can be timed. Students will be challenged to master the material.

- Age group: all

**Host a debate** This exercise takes advantage of existing debate activities. Students will be asked to think deeply about the role of malaria in their community and develop their exposition skills. Sample debate topics can include: "malaria is the most important development priority for our community," "net use should be mandatory for all," among others.

- Age group: secondary school

**Write compositions** Encourage students to practice new grammar, vocabulary and writing techniques through essays about malaria. Possible essay themes are: a world without malaria, me and my bed net, how I can help our community become malaria free. Choose a composition and have the student present it to the class.

- Age group: primary four and above

**Do an art project** If the class has art materials, students can do art projects on themes such as: a world without malaria, me and my bed net, and how I can help our community become malaria free. You can ask older students to write their personal commitment on their artwork. The personal commitment should state their goal related to malaria and what they plan to do to achieve it. Ask students to present their work to each other and to their parents. Artwork can be posted at school or at home. If posted at school, the school can host an exhibit and invite local artists, parents, leaders, and media.

- Age group: all

**"Avoid the mosquito" game** Draw 3 or 4 circles on the ground about 5 metres apart. The circles represent LLINs and are safe havens. Choose two students to be "mosquitoes" to chase the other students. Every few minutes say, "it's night-time, avoid the mosquito!" The students have to run to a different circle. If students are inside the circle, they are safe from mosquitoes. Each student caught outside a net becomes a mosquito.

- Age group: primary school



**Make sure all students get a chance to perform at the front of the class. Wait several seconds before selecting a student to give the less confident students a chance to volunteer.**



## Sample Discussion Questions

### 1. Understand what the activity was about

- Discuss the activity. Get the students to narrate what happened.
- Which part did they like best? What made them like it?
- What were some of the examples or advice given about preventing malaria?
- What did you learn from this activity? Why is it important? What would you do differently?
- What are ways you can prevent malaria?
- What should you do when you get a net?
- Why is it important to use a net every night?
- Why is it important to look for holes in the net?

### 2. Let students express how they feel

- Do you think malaria is a big problem in our community?
- Have you ever known someone with malaria? How many of you have had malaria?
- What do you think of bed nets?
- What does it feel like when you go inside a net?
- Do you think these behaviours are important to practice? What makes them important to you? How will you make them a part of your life?
- Do you think these behaviours are easy to do? Hard? What makes them easy or hard to do?
- What can you do avoid these obstacles?

### 3. Take action

- Please explain your story/drawing/other to the class.
- Who do you think would benefit from learning about this?
- How can you share this information with them? What else can you do to help them?
- Do you think your families would benefit as well? What can do you to help them?
- What can students do to stop the spread of malaria? As individuals? In their families? In the wider community?

### 4. Reflect

- How many slept under a net last night?
- How many checked their nets for holes? How many fixed holes in their nets?
- How many talked to their parents? What did they say?
- How do you feel about what you did?
- Was it easy to do? What made it easy? What made it hard?
- What else can you do?



**After discussing the activity, ask students to show their parents what they learned and did in school today. Have each student pick one fact from today's lesson and quiz their family to see if they know whether it is true or false. Assign students to try a key action for one day and report back to you.**

## Reinforce for Results

As the drawing on page three shows, students go through many stages before they start practicing malaria prevention consistently and promote it at home. This process can take a long time. As a result, you should give students many opportunities to review and reflect on the key malaria messages. Here are several ways you can reinforce your teachings:

- Conduct an activity every few weeks.
- Ask for volunteers to tell you two facts they remember from the last activity and what they learned from talking with their family about it.
- Ask for a show of hands once in a while to see who is sleeping under a net, who has helped a family member use one, and who has checked for holes in their net.

Use the log below to keep track of what you have done so far.

**School:** \_\_\_\_\_ **Teacher's Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_ **# students:** \_\_\_\_\_

Activities	Dates Completed	Topics discussed	Duration (minutes)
Announce the campaign			
Invite a guest			
Show a skit, dance or song			
Song contest			
Ask a student to tell a story			
Play a trivia game			
Host a debate			
Write a composition			
Do an art project			
Avoid the mosquito game			
Other _____			
Other _____			
Ask for a show of hands	# times this term: _____		
Ask students to show parents what they learned and did in school today	# times this term: _____		
Ask students to pick one fact and quiz their family	# times this term: _____		
Assigned students to try a key action and report back	# times this term: _____		
Topic codes: 1 - What is malaria, 2- What causes malaria, 3- How do you protect yourself from malaria, 4- Who should use an LLIN, 5- Why is using the LLIN good for the whole family, 5- When should you use an LLIN, 6- How do you use an LLIN, 7 - How do you care for your LLIN, 8- How do you wash an LLIN, 9 - How do you dry an LLIN, 10 - What if you know someone without a net, 11- What else can you do to keep your community malaria-free			





*Stronger students for malaria-free schools and communities*





## A malaria-free Nigeria...play your part

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