



Save the Children

LIFE SAVING LEARNING: MPOX



MPOX SAFETY

60-90 MIN

AGE:	<ul style="list-style-type: none"> 4-6 year olds 	Session #
MATERIALS:	<ul style="list-style-type: none"> Water and soap for handwashing 	
PREPARATION:	<ul style="list-style-type: none"> Check the latest information about mpox available from local authorities or health service providers and adapt the key messages below to reflect local guidance. If local guidance is not available in your location refer to SCI mpox SharePoint here It is highly recommended for this to be a joint session with caregivers so that caregivers can hear and reinforce the same key messaging. If you are conducting this session in an area that has already been affected by mpox, the content of this session may be sensitive. Ensure that the children are comfortable with you and each other, and that you are familiar with the session, prior to facilitating it. This session also includes physical activities which may require adaptation for children with reduced mobility. Consult with caregivers while planning for this session to discuss the best way to adapt the activities to meet the needs of all children. This session could be repeated multiple times to ensure children learn the key messages and remember them. 	



Schedule break times as needed. Breaks have not been scripted as you will know best when children need time to relax, chat, or play between activities.

Opening

10 MIN

- Welcome the children to the session by singing a simple welcome song. Choose a local song for children. Sing the same song every session so children become familiar with it.
- Take attendance (if appropriate) or count attendees.
- Go over 3-5 simple rules and expectations for the session. Have a flipchart with pictures or drawing for visual support.

These rules should be adapted to be relatable to children in their context. Provide an example and model each rule to ensure understanding. For example:

LISTEN



LOOK



BE KIND



- Tell children the agenda for the session so they know what to expect during the session. Use a previously prepared flipchart with visuals of the schedule.

Today, we will play and learn. We will play games and learn how to keep ourselves and our friends safe from the mpox virus. We will calm our bodies and minds, clean up, sing our good-bye song and go home.

Introduction

15-30 MIN

- Explain that today we will learn about viruses.

Ask, *has anyone here ever been sick with a fever or a cough?* Explain that no matter who we are, everyone gets sick sometimes. Some sicknesses are caused by viruses which are tiny germs. These are so tiny we cannot see them – they are smaller than even a grain of sand! Because we cannot see viruses, we need to work together to stop them from spreading.

Say, *viruses need people, animals, or objects to help them travel. Thinking about viruses might make us feel scared, and that's normal, but there are lots of actions we can take to stop viruses spreading. These include:*

1. Wash your hands with soap and water, or with hand sanitizer
2. Do not touch your eyes, nose or mouth if your hands are not clean
3. Check for any scratches, tear or broken skin and cover them up
4. Avoid touching animals, if you do wash your hands after
5. Open windows to let in fresh air
6. Use separate cups, bowls, or plates
7. Tell an adult if you are feeling unwell

Note: for the youngest children, limit the number of steps, and focus on washing hands and using different cups.

Activity: Teamwork against viruses

20-30 MIN

We are going to play a game now to practice working together to stop viruses from spreading.

- Say *first let's create an action for each of the steps.* Introduce actions for washing hands, opening windows, using separate cups, checking for scratches. Keep the actions very simple. They should just act as a reminder, so for 'separate cups' children can pretend to drink from a cup.
- With caregivers' support, practice each of the actions together.
- Next ask children to walk around the space. Say that you (the facilitator) will have the virus.
- You are going to say some children's names. When children hear their names, they need to freeze – they have come into contact with the virus!
- Tell the rest of the group – we need your help! Let's do the actions so we can unfreeze our friends.
- Ask a caregiver to say one of the actions e.g. 'wash hands' - all the children must show the action for washing hands.

- Repeat this for all actions and until all children have been frozen and unfrozen. Make sure all children have been frozen so that you can emphasize that anyone can catch a virus.
- Say *Well done for keeping yourselves and your friends safe!*

Activity: Washing our hands

20-30 MIN

Washing hands with soap keeps us safe. It's one of the ways we can help stop Mpox spreading.

- Say *first let's talk about **when** we should wash our hands*. Ask children when they think it is important to wash hands.
- Say: we should wash our hands regularly and especially after using the latrine, before touching food or eating, after blowing your nose, coughing or sneezing, before touching your mouth nose or mouth, after touching waste, after coming into contact with animal. Washing hands often is important to stay healthy.

Next move to a handwashing station – either a tap or bucket outside. Ensure there is soap.

Say: we should wash our hands with soap for at least 20 seconds using 5 steps. Show how to wash hands:

- Step 1: Wet hands with running water
- Step 2: Apply enough soap to cover wet hands
- Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds
- Step 4: Rinse thoroughly with running water
- Step 5: Dry hands with a clean cloth or single-use towel – if those are not available air-dry your hands

If there is a local song known to children that lasts around 20-30 seconds, sing this song as children practice taking turns washing their hands so they know how long to wash. Or use this song (to the tune of row, row, row your boat):

Wash, Wash, Wash your hands
 Wash them nice and clean.
 Scrub them here (with hand motion scrubbing together)
 Scrub them there (with hand motion scrubbing tops of hands)
 And scrub them in between (with hand motion scrubbing between fingers).

Key Messages

5 MIN

After the activity, come back together as a group and reiterate some key messages.

- Remind children that viruses can infect anyone. They don't know our age, our gender, where we live, or who we are. What matters is the actions we take.
- If we think someone might be sick, we can practice these actions and give them plenty of space until they are feeling better.
- If you are feeling sick, tell an adult who can help you.

If you know you have mpox, here are some things you can do to look after yourself and others:

1. Drink lots of water
2. Rest as much as possible
3. Try not to scratch your rash

Cooling down: Long, small and wide

5 MIN

1. Tell children they will do an activity to calm our minds and bodies.
2. Find a space in the room or stand in a circle. Make sure you have enough room.
3. Count to eight: make yourself very long. Like a giraffe.
4. Count to eight: make yourself very small. Like a mouse.
5. Count to eight: make yourself very wide. Like an elephant.
6. Ask:
 - *Can you feel your muscles or parts of your body when you make yourself long, small and wide? In which parts of your body do you feel it?*

FACILITATOR'S NOTES:

- Change the numbers, animals and prompt each session. For example, count to three: make yourself tiny like an ant. This supports counting and vocabulary.
- Remind children that it is important to relax and calm our minds and bodies. It is a part of being healthy.

Closing

10 MIN

- Invite children to clean up the space by putting back materials. If there is a song, sing as a group. For example: "Clean up, clean up, everybody, everywhere, clean up, clean up, everybody do your share".)
- Bring children back to a large circle.
- Provide positive feedback on one way the children contributed to the session. This should be a behaviour that you want to reinforce. For example: "I really liked how you all listened carefully during our opening circle today."
- Ask for a few volunteers to share one of their favourite activities (or something they liked, something that made them laugh etc) from today's session.

When children are comfortable with you, you can directly call on a few by name to share.


- Sing a good-bye song. Choose a local song for children. Sing the same song every session so children become familiar with it.

- Tell children you will be happy to see them in the next session!



MPOX SAFETY

60-90 MIN

AGE:	<ul style="list-style-type: none"> 7-11 year olds 	Session #
MATERIALS:	<ul style="list-style-type: none"> Water and soap for handwashing 	
<p>PREPARATION:</p> 	<ul style="list-style-type: none"> Check the latest information about Mpox available from local authorities or health service providers and adapt the key messages below to reflect local guidance. If local guidance is not available in your location refer to SCI mpox SharePoint here It is highly recommended for this to be a joint session with caregivers so that caregivers can hear and reinforce the same key messaging. If you are conducting this session in an area that has already been affected by Mpox, the content of this session may be sensitive. Ensure that the children are comfortable with you and each other, and that you are familiar with the session, prior to facilitating it. This session also includes physical activities which may require adaptation for children with reduced mobility. Consult with caregivers while planning for this session to discuss the best way to adapt the activities to meet the needs of all children. This session could be repeated multiple times to ensure children learn the key messages and remember them. 	

Schedule break times as needed. Breaks have not been scripted as you will know best when children need time to relax, chat, or play between activities.

Opening

10 MIN

- Welcome the children to the session by singing a simple welcome song. Choose a local song for children. Sing the same song every session so children become familiar with it.
- Take attendance (if appropriate) or count attendees.
- Go over 3-5 simple rules and expectations for the session. Have a flipchart with pictures or drawing for visual support.

These rules should be adapted to be relatable to children in their context. Provide an example and model each rule to ensure understanding. For example:

LISTEN



LOOK



BE KIND



- Tell children the agenda for the session so they know what to expect during the session. Use a previously prepared flipchart with visuals of the schedule.

Today, we will play and learn. We will play games and learn how to keep ourselves and our friends safe. We will calm our bodies and minds, clean up, sing our good-bye song and go home.

Energizer: Keep your cool

5-10 MIN

Split the group into pairs.

1. Stand opposite each other.
2. Person one tries to make person two laugh. You are not allowed to touch one another.
3. Person two tries not to laugh. Keep your eyes open.
4. Swap roles.
5. Discuss what works and what doesn't.

Introduction

15-30 MIN

- Explain that today we will learn about viruses.

Ask, has anyone here ever been sick with a fever or a new rash? Explain that no matter who we are, everyone gets sick at some point. Some sicknesses are caused by viruses which are tiny germs. These are so tiny we cannot see them – they are smaller than even a grain of sand! Because we cannot see viruses, we need to work together to stop them from spreading.

Say, sometimes we must be more careful because there is a new or stronger virus. At the moment there is a virus called mpox which is spreading from animals to and between people. Today we are going to learn how to keep each other safe by working together.

What is mpox?

- Explain that it is a virus which can spread between people, mainly through being in close contact with someone for a long time.
- Mpox can also be spread by animals to people. At the moment it is best not to touch any animals, or if you must, wash your hands immediately afterwards.
- Say that sometimes it can spread from objects and surfaces to people, if those things have been touched by someone with mpox. This includes sharing things like towels, clothes, or bed linen. If you have to share these things, make sure to wash them between use.
- It is very important to keep surfaces and objects clean because mpox can survive for 15 days (about 2 weeks) outside the body.
- If you have mpox you might have a sore head, a fever, feel achy and sore, and get a rash on your skin.
- It is normal to feel scared about catching a virus – no one likes to be sick! - but we can learn how to keep ourselves safe.
- Anyone can get mpox. Viruses don't know the difference between people – viruses are just trying to spread as far as possible!

After going through the key points, give children some time to ask questions. It is important to uncover any misconceptions, especially ones that can cause stigma. When there is stigma or discrimination related to a medical condition, people may not seek care quickly, the quality of health care may suffer, and access to health services for the most vulnerable is reduced.

Keeping safe against mpox

Ask, now we know what mpox is, what do you think we can do to stop the virus from spreading? Take suggestions and gently correct any misunderstandings.

Say, viruses need people, animals, food, water or objects to help them travel. Wherever possible, we can stop them from spreading by doing these things:

1. Wash your hands with soap and water, or with hand sanitizer
2. Do not touch your eyes, nose or mouth if your hands are not clean
3. Check for any scratches, tear or broken skin and cover them up
4. Avoid touching animals, if you do wash your hands after
5. Open windows to let in fresh air
6. Use separate cups, bowls, or plates
7. Tell an adult if you are feeling unwell

If you know you have mpox, here are some things you can do to look after yourself and others:

2. Drink lots of water
3. Rest as much as possible
4. Try not to scratch your rash

Activity: Teamwork against viruses

20-30 MIN

We are going to play a game now to practice working together to stop viruses from spreading.

- Say first let's create an action for each of the 4 steps. Introduce actions for washing hands, opening windows, and using separate cups. Keep the actions very simple. They should just act as a reminder, so for 'using separate cups' children can pretend to drink from a cup.
- Next ask children to walk around the space. Say that you (the facilitator) will have the virus.
- You are going to say some children's names. When children hear their names, they need to freeze – they have come into contact with the virus!
- Tell the rest of the group – we need your help! Let's do the actions so we can unfreeze our friends.
- Remind the children of the actions, do them together saying 'wash hands', 'open windows', 'use separate cups', 'tell an adult'
- Ask the children who have been frozen how they look after themselves while they are sick. They can list one or all of the steps – drink lots of water, rest, don't scratch.
- Repeat this until all children have been frozen and unfrozen. Make sure all children have been frozen so that you can emphasize that anyone can catch a virus.

Optional Activity: Mpox – true or false

20 MIN

Say: Now we are going to check what we know about how germs spread.

- Tell children you are going to say some statements about mpox and you want to know if they think the statements are true or false.
- If they think the statement is true, they should go to one corner of the room. If they think the statement is false, they should go to the opposite corner of the room.
- If they are unsure, they can stay in the middle of the room. It's ok not to know! We are going to remind each other.
- Read out the statements below and let children decide if they are true or false.
- Once children have moved, ask them to explain their choice – why do you agree or disagree? Provide the correct response along with the explanation.
 - Anyone can get mpox (**true – viruses just want to spread, they don't know the difference between people**)
 - If I have a new rash, I shouldn't tell anyone (**false – you should always tell adult if you have a rash**)
 - Mpox can only survive for 15 minutes outside the body (**false! Mpox can survive for 15 days (about 2 weeks) outside the body. This is why we must keep surfaces, objects, and clothing, towels and bed linen clean**)
 - We should avoid touching our eyes, nose, or mouth if our hands are not clean (**true – the virus can enter our bodies through eyes, nose, or mouth so we need to wash our hands first before touching our faces**)
 - Mpox can only spread from humans to humans (**false – mpox can spread from animals to humans, so for the time being we should avoid touching animals.**)
 - We should wash our hands many times throughout the day, especially after using the toilet (**true – one of the most effective ways to stop viruses from spreading is to keep our hands clean**)
- Thank children for their participation and for keeping each other and themselves safe.

Activity: Washing our hands

20-30 MIN

Washing hands with soap keeps us safe. It's one of the ways we can help stop Mpox spreading.

- Say *first let's talk about **when** we should wash our hands*. Ask children when they think it is important to wash hands – can children give some specific examples?
- Say: we should wash our hands regularly and especially after using the latrine, before touching food or eating, after blowing your nose, coughing or sneezing, before touching your mouth nose or mouth, after touching waste, after coming into contact with animal. Washing hands often is important to stay healthy.

Next move to a handwashing station – either a tap or bucket outside. Ensure there is soap.

Say: we should wash our hands with soap for 20 seconds. Show how to wash hands:

- Step 1: Wet hands with running water
- Step 2: Apply enough soap to cover wet hands

- Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds
- Step 4: Rinse thoroughly with running water
- Step 5: Dry hands with a clean cloth or single-use towel– if those are not available air-dry your hands.

If there is a local song known to children that lasts around 20-30 seconds, you could sing this song as children practice taking turns washing their hands, so they know how long to wash. Or use this song (to the tune of row, row, row your boat):

Wash, Wash, Wash your hands
 Wash them nice and clean.
 Scrub them here (with hand motion scrubbing together)
 Scrub them there (with hand motion scrubbing tops of hands)
 And scrub them in between (with hand motion scrubbing between fingers).

Key Messages

5 MIN

After the activity, come back together as a group and reiterate some key messages.

- Remind children that viruses can infect anyone. They don't know our age, our gender, where we live, or who we are. What matters is the actions we take.
- If we think someone might be sick, we can practice these actions and give them plenty of space until they are feeling better.
- If you are feeling sick, tell an adult who can help you. Specifically, if you have a fever, chills, are feeling weak, have a new rash, back pain, or achy muscles.

Cooling down: Flower and Candle

5 MIN



Pretend you have something which smells nice in one hand and a slow burning candle in the other:

- Breathe in slowly through your nose as you smell the nice smelling thing.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.

Closing

10 MIN

- Invite children to clean up the space by putting back materials. If there is a song, sing as a group. For example: “Clean up, clean up, everybody, everywhere, clean up, clean up, everybody do your share”.)
- Bring children back to a large circle.
- Provide positive feedback on one way the children contributed to the session. This should be a behaviour that you want to reinforce. For example: “I really liked how you all listened carefully during our opening circle today.”
- Ask for a few volunteers to share one of their favourite activities (or something they liked, something that made them laugh etc) from today’s session.


When children are comfortable with you, you can directly call on a few by name to share.

- Sing a good-bye song. Choose a local song for children. Sing the same song every session so children become familiar with it.
- Tell children you will be happy to see them in the next session!



MPOX SAFETY

90-120 MIN

AGE:	<ul style="list-style-type: none"> ● 12-14 year olds 	Session #
MATERIALS:	<ul style="list-style-type: none"> ● Water and soap for handwashing 	
<p>PREPARATION:</p> 	<ul style="list-style-type: none"> ● Check the latest information about Mpox available from local authorities or health service providers and adapt the key messages below to reflect local guidance. If local guidance is not available in your location refer to SCl mpox SharePoint here ● It is a good idea to involve caregivers in this session so that the same messaging is shared. <p>If you are conducting this session in an area that has already been affected by Mpox, the content of this session may be sensitive. Ensure that the children are comfortable with you and each other, and that you are familiar with the session, prior to facilitating it.</p> <p>This session also includes physical activities which may require adaptation for adolescents with reduced mobility. Consult with caregivers while planning for</p>	

this session to discuss the best way to adapt the activities to meet the needs of all adolescents.

This session could be repeated multiple times to ensure adolescents learn the key messages and remember them.

Schedule break times as needed. Breaks have not been scripted as you will know best when children need time to relax, chat, or play between activities.

Opening

10 MIN

- Welcome the adolescents to the session with a warm-up or check-in activity of your choice.
- Take attendance (if appropriate) or count attendees.
- Go over 3-5 simple rules and expectations for the session. Have a flipchart with pictures or drawing for visual support.

These rules should be adapted to be relatable to children in their context. Provide an example and model each rule to ensure understanding. For example:

LISTEN



LOOK



BE KIND



- Tell adolescents the agenda for the session so they know what to expect during the session. Use a previously prepared flipchart with visuals of the schedule.

Today, we will play and learn. We will play games and learn how to keep ourselves and our friends safe. We will calm our bodies and minds, clean up, sing our good-bye song and go home.

Who is the leader?

10 MIN

Participants sit in a circle.

- One person volunteers to leave the room. After they leave, the rest of the group chooses a 'leader'.
- The leader must perform a series of actions, such as clapping, tapping a foot, etc, that are copied by the whole group.
- The volunteer comes back into the room, stands in the middle and tries to guess who is leading the actions.
- The group protects the leader by not looking at him/her.
- The leader must change the actions at regular intervals, without getting caught.
- When the volunteer spots the leader, they join the circle, and the person who was the leader leaves the room to allow the group to choose a new leader.

Introduction

15-30 MIN

- Explain that today we will learn about viruses.

Ask, has anyone here ever been sick with a fever or a cough? Can you remember how you felt? Explain that no matter who we are, everyone gets sick at some point. Some sicknesses are caused by viruses which are tiny germs. These are so tiny we cannot see them – they are smaller than even a grain of sand! Because we cannot see viruses, we need to work together to stop them from spreading.

Say, sometimes we must be more careful because there is a new or stronger virus. At the moment there is a virus called mpox which is spreading between people. Today we are going to learn how to keep each other safe by working together.

What is mpox?

- Explain that it is a virus which can spread between people, mainly through close contact like shaking hands, hugging, kissing, or playing closely together.
- Mpox can also be spread by animals to people. The virus spreads through bodily fluids such as urine, saliva or blood. At the moment it is best not to touch any animals, or if you have to, wash your hands immediately afterwards.
- Say that sometimes it can spread from objects and surfaces to people, if those things have been touched by someone with mpox. This includes sharing things like towels, clothes, or bed linen. If you have to share these things, make sure to wash them between use.
- It is very important to keep surfaces and objects clean because mpox can survive for 15 days outside the body.
- If you have mpox you might have a sore head, a fever, feel achy and sore, and get a rash on your skin.
- It is normal to feel scared about catching a virus – no one likes to be sick! - but we can learn how to keep ourselves safe.

- Anyone can get mpox. Viruses don't know the difference between people – viruses are just trying to spread as far as possible!

After going through the key points, give children some time to ask questions. It is important to uncover any misconceptions, especially ones that can cause stigma. When there is stigma or discrimination related to a medical condition, people may not seek care quickly, the quality of health care may suffer, and access to health services for the most vulnerable is reduced.

Keeping safe against mpox

Ask, now we know what mpox is, what do you think we can do to stop the virus from spreading? Take suggestions and gently correct any misunderstandings.

Say, viruses need people, animals, food, water, or objects to help them travel. Wherever possible, we can stop them from spreading by doing these things:

1. Wash your hands with soap and water, or with hand sanitizer
2. Do not touch your eyes, nose or mouth if your hands are not clean
3. Uses separate towels, bed linen, and clothes – or if you must share, make sure to wash them in between use
4. Check for any scratches, tear or broken skin and cover them up
5. Avoid touching animals, if you do wash your hands after
6. Open windows to let in fresh air
7. Use separate cups, bowls, or plates
8. Tell an adult if you are feeling unwell

If you know you have mpox, here are some things you can do to look after yourself and others:

1. Drink lots of water
2. Rest as much as possible
3. Try not to scratch your rash

Activity: Teamwork against viruses

20-30 MIN

We are going to play a game now to practice working together to stop viruses from spreading.

- Say *first let's create an action for each of the steps*. Ask the adolescents to help you devise actions for washing hands, opening windows, using separate cups, using separate towels, checking for scratches, etc. Keep the actions very simple and clear. They should just act as a reminder, so for 'using separate cups' children can pretend to drink from a cup.
- Next ask the adolescents to walk around the space. Say that you (the facilitator) will have the virus.
- You are going to say some adolescents' names. When they hear their names they need to freeze – they have come into contact with the virus!
- Tell the rest of the group – we need your help! Let's do the actions so we can unfreeze our friends.

- Call on adolescents to remind you of the actions we need to take – once an action has been stated, everyone must do the action together.
- Ask the adolescents who have been frozen how they look after themselves while they are sick. They can list one or all of the steps – drink lots of water, rest, don't scratch.
- Repeat this until all adolescents have been frozen and unfrozen. Make sure all adolescents have been frozen so that you can emphasize that anyone can catch a virus.

Optional Activity: Mpox – true or false

20 MIN

Say: Now we are going to check what we know about how germs spread.

- Tell adolescents you are going to say some statements about mpox and you want to know if they think the statements are true or false.
- If they think the statement is true, they should go to one corner of the room. If they think the statement is false, they should go to the opposite corner of the room.
- If they are unsure, they can stay in the middle of the room. It's ok not to know! We are going to remind each other.
- Read out the statements below and let children decide if they are true or false.
- Once adolescents have moved, ask them to explain their choice – why do you agree or disagree? Provide the correct response along with the explanation.
 - Anyone can get mpox (**true – viruses just want to spread; they don't know the difference between people**)
 - If I have a new rash, I shouldn't tell anyone (**false – you should always tell adult if you have a rash**)
 - Mpox can only survive for 15 minutes outside the body (**false! Mpox can survive for 15 days outside the body. This is why we have to keep surfaces, objects, and clothing, towels and bed linen clean**)
 - We should avoid touching our eyes, nose, or mouth if our hands are not clean (**true – the virus can enter our bodies through eyes, nose, or mouth so we need to wash our hands first before touching our faces**)
 - Mpox can only spread from humans to humans (**false – mpox can spread from animals to humans, so for the time being we should avoid touching animals.**)
 - We should wash our hands many times throughout the day, especially after using the toilet (**true – one of the most effective ways to stop viruses from spreading is to keep our hands clean**)
- Thank children for their participation and for keeping each other and themselves safe.

Activity: Washing our hands

20-30 MIN

Washing hands with soap keeps us safe. It's one of the ways we can help stop Mpox spreading.

- Say *first let's talk about **when** we should wash our hands*. Ask adolescents when they think it is important to wash hands – can they provide examples

- Say: we should wash our hands regularly, and especially after using the latrine, before touching food or eating, after blowing your nose, coughing or sneezing, before touching your mouth nose or mouth, after touching waste, after coming into contact with animals. Washing hands often is important to stay healthy.

Next move to a handwashing station – either a tap or bucket outside. Ensure there is soap.

Say: we should wash our hands with soap for 20 seconds. Show how to wash hands:

- Step 1: Wet hands with running water
- Step 2: Apply enough soap to cover wet hands
- Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds
- Step 4: Rinse thoroughly with running water
- Step 5: Dry hands with a clean cloth or single-use towel - if those are not available air-dry your hands.

If there is a local song known to children that lasts around 20-30 seconds, you could sing this song as children practice taking turns washing their hands so they know how long to wash.

Optional Activity: Spread the Word

30-60 MIN

Split the adolescents into groups of 4-5. If there are mixed ages and abilities in the group, try to ensure that each group has a mix of skills and development level.

Explain that each group needs to share 1 of the key Mpox messages with the rest of the community using whatever method they like (and depending on resources available): it could be a poster, a radio advert, a theatre skit, a song, or any other way of spreading the word.

Give the groups time to select which key message – remind them of the key information using the text below.

Groups develop their messages and then perform to the rest of the class when the session is over. Consider inviting lower classes or parents, carers and community members to a performance.

Key Messages

5 MIN

After the activity, come back together as a group and reiterate some key messages.

- Remind children that viruses can infect anyone. They don't know our age, our gender, where we live, or who we are. What matters is the actions we take.
- If we think someone might be sick, we can practice these actions and give them plenty of space until they are feeling better.
- If you are feeling sick, tell an adult who can help you. Specifically, if you have a fever, chills, are feeling weak, have a new rash, back pain, or achy muscles

Cooling down: Flower and Candle

5 MIN



Pretend you have something which smells nice in one hand and a slow burning candle in the other:

- Breathe in slowly through your nose as you smell the nice smelling thing.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.

Closing


10 MIN

- Thank the group for their time and presence.
- Review the session topic and check whether adolescents understood.
- Provide the group feedback about their contributions that were positive and encourage this to be repeated in future sessions.



MPOX SAFETY

90-120 MIN

AGE:	<ul style="list-style-type: none"> ● 15-18 year olds 	Session #
MATERIALS:	<ul style="list-style-type: none"> ● Water and soap for handwashing ● Chalk dust or ash 	
PREPARATION:	<div style="display: flex; align-items: flex-start;"> <div style="margin-right: 10px; text-align: center;">  </div> <div> <ul style="list-style-type: none"> ● Check the latest information about mpox available from local authorities or health service providers and adapt the key messages below to reflect local guidance. If local guidance is not available in your location refer to SCL mpox SharePoint here ● It is a good idea to involve caregivers in this session so that the same messaging is shared. <p>If you are conducting this session in an area that has already been affected by mpox, the content of this session may be sensitive. Ensure that the children are comfortable with you and each other, and that you are familiar with the session, prior to facilitating it.</p> <p>This session also includes physical activities which may require adaptation for children with reduced mobility. Consult with caregivers while planning for this session to discuss the best way to adapt the activities to meet the needs of all children.</p> <p>This session could be repeated multiple times to ensure children learn the key messages and remember them.</p> </div> </div>	

Schedule break times as needed. Breaks have not been scripted as you will know best when children need time to relax, chat, or play between activities.

Opening

10 MIN

- Welcome the adolescents to the session with a check-in activity of your choice.
- Take attendance (if appropriate) or count attendees.
- Go over 3-5 simple rules and expectations for the session. Have a flipchart with pictures or drawing for visual support.

These rules should be adapted to be relatable to children in their context. Provide an example and model each rule to ensure understanding. For example:

LISTEN



LOOK



BE KIND



- Tell adolescents the agenda for the session so they know what to expect during the session. Use a previously prepared flipchart with visuals of the schedule.

Today, we will play and learn. We will play games and learn how to keep ourselves and our friends safe. We will calm our bodies and minds, clean up, sing our good-bye song and go home.

Who is the leader?

10 MIN

Participants sit in a circle.

- One person volunteers to leave the room. After they leave, the rest of the group chooses a 'leader'.
- The leader must perform a series of actions, such as clapping, tapping a foot, etc, that are copied by the whole group.
- The volunteer comes back into the room, stands in the middle and tries to guess who is leading the actions.
- The group protects the leader by not looking at him/her.
- The leader must change the actions at regular intervals, without getting caught.
- When the volunteer spots the leader, they join the circle, and the person who was the leader leaves the room to allow the group to choose a new leader.

Introduction

15-30 MIN

- Explain that today we will learn about how to keep ourselves and others safe from viruses.
- Ask, does anyone know what a virus is? Take some responses.

Ask, has anyone here ever been sick with a fever or a rash? Explain that no matter who we are, everyone gets sick at some point. Some sicknesses are caused by viruses which are microscopic organisms. This means we cannot see them with our naked eyes. Because we cannot see viruses, we need to work together to stop them from spreading.

Say, sometimes we must be more careful because there is a new or stronger virus. Currently, there is a virus called mpox which is spreading between people. Today we are going to learn how to keep each other safe by working together.

What is mpox?

- Explain that it is a virus which can spread between people, mainly through close contact like shaking hands, hugging, kissing or sex.

- Mpox can also be spread by animals to people. The virus spreads through bodily fluids such as urine, saliva or blood. At the moment it is best not to touch any animals, or if you must, wash your hands immediately afterwards.
- Say that sometimes it can spread from objects and surfaces to people, if those things have been touched by someone with mpox. This includes sharing things like towels, clothes, or bed linen. If you must share these things, wash them between use.
- It is very important to keep surfaces and objects clean because mpox can survive for 15 days (about 2 weeks) outside the body.
- If you have mpox you might have a sore head, a fever, feel achy and sore, and get a rash on your skin.
- It is normal to feel scared about catching a virus – no one likes to be sick! – but we can learn how to keep ourselves safe.
- Anyone can get mpox. Viruses don't know the difference between people – viruses are just trying to spread as far as possible!

After going through the key points, give adolescents some time to ask questions. It is important to uncover any misconceptions, especially ones that can cause stigma. When there is stigma or discrimination related to a medical condition, people may not seek care quickly, the quality of health care may suffer, and access to health services for the most vulnerable is reduced.

Keeping safe against mpox

Ask, now we know what mpox is, what do you think we can do to stop the virus from spreading? Take suggestions and gently correct any misunderstandings.

Say, *viruses need people, animals, or objects to help them travel. Wherever possible, we can stop them from spreading by doing these things:*

1. Wash your hands with soap and water, or with hand sanitizer
2. Do not touch your eyes, nose or mouth if your hands are not clean
3. Use separate towels, bed linen, and clothes – or if you must share, make sure to wash them in between use
4. Check for any scratches, tear or broken skin and cover them up
5. Avoid touching animals, if you do wash your hands after
6. Open windows to let in fresh air
7. Use separate cups, bowls, or plates
8. Tell an adult if you are feeling unwell

If you know you have mpox, here are some things you can do to look after yourself and others:

1. Drink lots of water
2. Rest as much as possible
3. Try not to scratch your rash

Explain that most people experience mild to moderate symptoms that usually last two to four weeks, followed by a full recovery. Some people can be infected without developing any symptoms.

Activity: Mpox – true or false

20 MIN

Say: Now we are going to check what we know about how germs spread.

- Tell adolescents you are going to say some statements about mpox and you want to know if they think the statements are true or false.
- If they think the statement is true, they should go to one corner of the room. If they think the statement is false, they should go to the opposite corner of the room.
- If they are unsure, they can stay in the middle of the room. It's ok not to know! We are going to remind each other.
- Read out the statements below and let children decide if they are true or false.
- Once adolescents have moved, ask them to explain their choice – why do you agree or disagree? Provide the correct response along with the explanation.
 - Anyone can get mpox (true – viruses just want to spread, they don't know the difference between people)
 - If I have a new rash, I shouldn't tell anyone (false – you should always tell adult if you have a rash)
 - Mpox can only survive for 15 minutes outside the body (false! Mpox can survive for **15 days** outside the body. This is why we have to keep surfaces, objects, and clothing, towels and bed linen clean)
 - We should avoid touching our eyes, nose, or mouth if our hands are not clean (true – the virus can enter our bodies through eyes, nose, or mouth so we need to wash our hands first before touching our faces)
 - Mpox can only spread from humans to humans (false – mpox can spread from animals to humans, so for the time being we should avoid touching animals.)
 - We should wash our hands many times throughout the day, especially after using the toilet (true – one of the most effective ways to stop viruses from spreading is to keep our hands clean)
- Thank children for their participation and for keeping each other and themselves safe.

Activity: Washing our hands

20-30 MIN

Washing hands with soap keeps us safe. It's one of the ways we can help stop Mpox spreading.

- Say *first let's talk about **when** we should wash our hands*. Ask Adolescents to give examples of when we should wash our hands.
- Remind adolescents (if they do not mention all of these instances) we should wash our hands regularly, and especially after using the latrine, before touching food or eating, after blowing your

nose, coughing or sneezing, before touching your mouth nose or mouth, after touching waste, after coming into contact with animals.. Washing hands often is important to stay healthy.

Next move to a handwashing station – either a tap or bucket outside. Ensure there is soap.

Say: we should wash our hands with soap for 20 seconds. Show how to wash hands:

- Step 1: Wet hands with running water
- Step 2: Apply enough soap to cover wet hands
- Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds
- Step 4: Rinse thoroughly with running water
- Step 5: Dry hands with a clean cloth or single-use towel – if those are not available, air dry your hands.

If there is a local song known to children that lasts around 20-30 seconds, you could sing this song as children practice taking turns washing their hands so they know how long to wash.

Activity: Spread the Word

30-60 MIN

Split the adolescents into groups of 4-5. If there are mixed ages and abilities in the group, try to ensure that each group has a mix of skills and development level.

Explain that each group needs to share 1 of the key Mpox messages with the rest of the community using whatever method they like (and depending on resources available): it could be a poster, a radio advert, a theatre skit, a song, or any other way of spreading the word.

Give the groups time to select which key message – remind them of the key information using the text below.

Groups develop their messages and then perform to the rest of the class when the session is over. Consider inviting younger children, parents, carers and community members to a performance.

Key Messages

5 MIN

After the activity, come back together as a group and reiterate some key messages.

- Remind the group that viruses can infect anyone. They don't know our age, our gender, where we live, or who we are. What matters is the actions we take.
- If we think someone might be sick, we can practice these actions and give them plenty of space until they are feeling better.
- If you are feeling sick, tell an adult or visit a healthcare provider.

Cooling down: Box breathing

5 MIN

Lead adolescents through the following breathing activity:

- **Sit Comfortably:** Find a comfortable place where you can sit up straight and relax your shoulders.
- **Inhale (4 Seconds):** Slowly breathe in through your nose for a count of 4. Imagine you're filling your lungs like a balloon.
- **Hold (4 Seconds):** Hold your breath for 4 seconds. Try to keep your body relaxed.
- **Exhale (4 Seconds):** Breathe out slowly through your mouth for 4 seconds. Imagine you're letting all the air out of the balloon.
- **Hold (4 Seconds):** After you exhale, hold your breath again for 4 seconds.
- **Repeat:** Do this cycle (breathe in, hold, breathe out, hold) a few times, until you feel calmer and more focused.

Closing

10 MIN

- Thank the group for their time and presence.
- Review the session topic and check whether adolescents understood.
- Provide the group feedback about their contributions that were positive and encourage this to be repeated in future sessions.