

ROLES AND BENEFITS OF PEER EDUCATORS



BENEFITS OF BEING A PEER EDUCATOR ?



- ✓ Attend trainings organized by HERproject and learn about important subjects directly from the trainers
- ✓ Have chances to learn and interact with other workers
- ✓ Have opportunities to self-develop

WHY YOU HAVE BEEN CHOSEN AS A PEER EDUCATOR?



Dynamic and confident

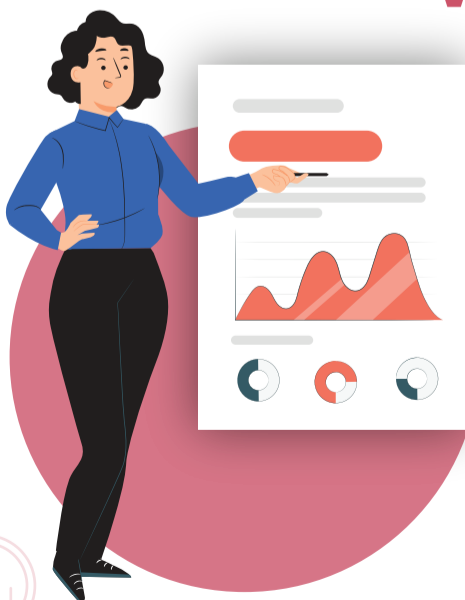


Have good communication skills



Committed to the factory

WHAT WILL PEER EDUCATORS DO AFTER RECEIVING TRAINING?

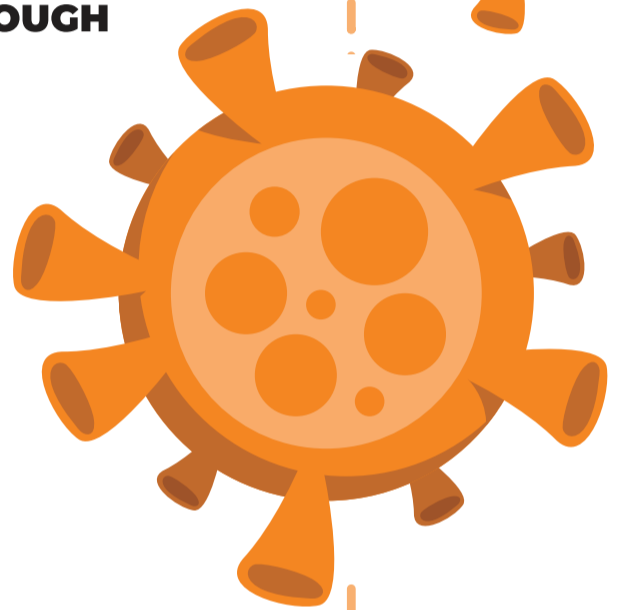
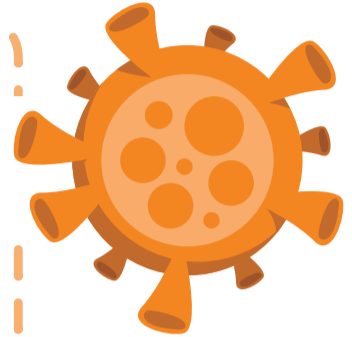
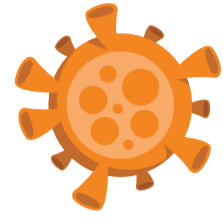


After participating in peer educator training, you will share the knowledge with your colleagues through small group communication activities so everyone can gain the essential knowledge.



What Is CORONAVIRUS?

COVID-19 IS A VIRUS - A kind of invisible germ. It can be passed directly from one person to another through direct contact or being exposed to items with germs on them, like production machines. When someone has COVID-19, their breath, coughs, and sneezes can send the virus into the air. Breathing in these viruses can cause an infection.



POSSIBLE SYMPTOMS

(It is also possible to have Covid-19 without symptoms)



DRY AND CONTINUOUS COUGH



EXTREME TIREDNESS



FEVER
Where your forehead, chest or back feels hot



OTHER FLU-LIKE SYMPTOMS
Sore throat, body aches, runny nose

WHAT SHOULD YOU DO IF SUSPECT YOU HAVE COVID-19?



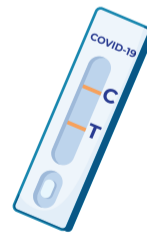
ISOLATE WITH FAMILY MEMBERS

01



INFORM YOUR WORKPLACE AND TAKE SICK LEAVE

02



REACH OUT TO HEALTHCARE PROVIDERS AND GET TESTED

03



IF THE TEST RESULT IS POSITIVE FOLLOW THE DOCTOR'S ADVICE.

04

HOW TO PREVENT CORONAVIRUS (COVID-19)?



STEP 1: ✦

Wash your hands for 20 seconds thoroughly. Wet hands, apply soap and rub hands carefully.



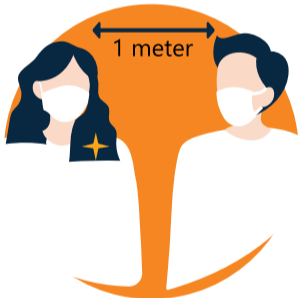
STEP 2: ✦

Cover your nose and mouth while sneezing or coughing with elbow or tissue. Throw tissue into the bin.



STEP 3: ✦

Avoid touching nose or mouth after touching surfaces without washing hands first. Mobile phones, toilets, kitchens and any other object can be a risk.



STEP 4: ✦

Maintain distance of at least 1 meter from everyone, friends, colleagues and even family members if possible.



STEP 5: ✦

Clean your clothes, footwear and any other objects you touch frequently.

According to WHO

“Vaccines reduce risks of getting a disease by working with your body’s natural defences to build protection. When you get a vaccine, your immune system responds”.

FAMILY HEALTH

How can pregnant or nursing mothers prevent COVID-19?



Wash hands with soap and water, wear a mask when going out



Avoid touching eyes, nose, mouth



Stay at home if you or your child feels unwell, see a doctor if it persists for several days



If a fever or cough develops, or if you have difficulty breathing, seek medical advice immediately



HOW TO PROTECT BABIES

when breastfeeding mothers unfortunately contract COVID-19?

According to the WHO

“the benefits of breastfeeding are much more than the risks of transmission”

But it is important to breastfeed safely

Use a clean mask, clean your nipples and breasts before and after breast feeding.

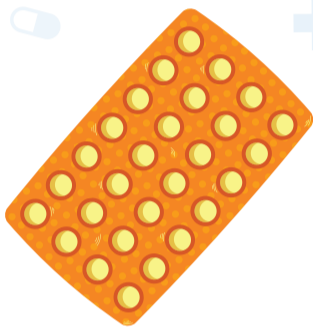


In case of serious illness, pump the breastmilk, store it and ask someone else to feed the child.

MODERN CONTRACEPTIVE METHODS

All modern methods of contraception are **SAFE** to use during the pandemic

In case you just had a baby in the last 6 months, or you have a special condition like diabetes or heart disease, you need to check with your doctor



ORAL CONTRACEPTION



CONDOM



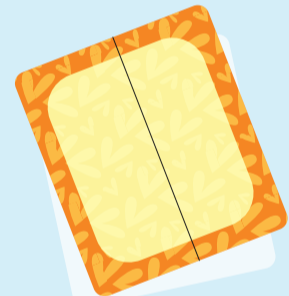
INTRAUTERINE SYSTEM



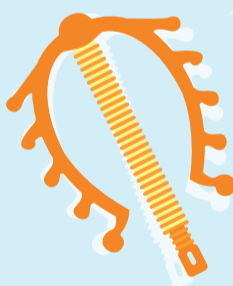
CONTRACEPTIVE INJECTION



DIAPHRAGM



CONTRACEPTION PATCH



INTRAUTERINE DEVICE



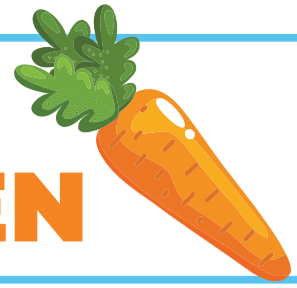
CONTRACEPTIVE RING

Non-prescription-based methods like condoms, spermicides, diaphragm, birth control pills or even emergency contraceptive pills, etc. are available at pharmacies.

For other methods of contraception such as IUD, injection, implants, vasectomy and tubectomy, you need to go to medical facilities for examination and support.



NUTRITION FOR PREGNANT WOMEN



Recommended: Eggs, Milk, Fruit, Wheat, Vegetables

Discouraged: Unprescribed medicine, Alcohol, Tobacco

THERE ARE SOME EMERGENCY SYMPTOMS THAT CAN OCCUR DURING PREGNANCY



Fever



Severe pain in leg and calf



Excessive vaginal bleeding



Water breaking prematurely



Changes in the baby's movement patterns

- There are other possible symptoms so be sure to ask your doctor.
- You should seek medical help when you find out you are pregnant, between 4 to 7 months pregnant, and again between 7 to 8 months pregnant.



NUTRITION FOR CHILDREN

Less than 6 months



Exclusively breastfeed



Soft porridges and pureed foods from family meals work well for children at this age

6-8 months



9-11 months

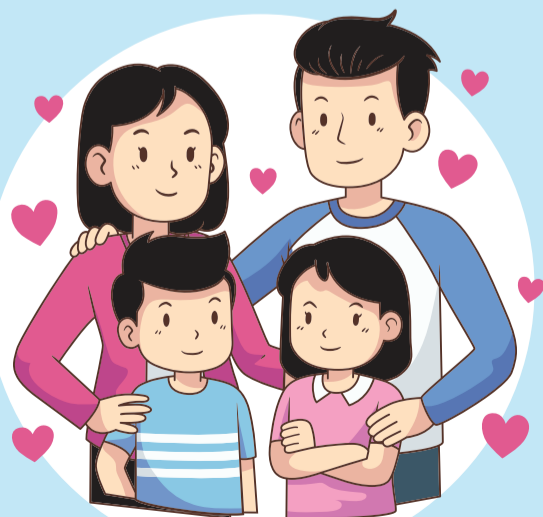


Building on this variety of foods that are healthy for a child, at this age children can now start eating chewable foods



12 to 24 months

At this age, children can continue eating variety by slowly getting used to eating the same solid foods as the family



PARENTS need to listen more, give attention, ensure regular contact in case they are away, and help them build healthy habits

WHY USE DIGITAL FINANCIAL SERVICES?



MOBILE MONEY

POINT OF SALE

DEBIT CARD

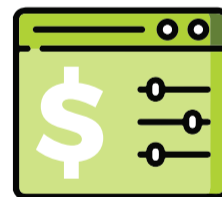
1

It is safe
No need to carry cash



2

It gives you financial control
You can track your income and expenses each month



3

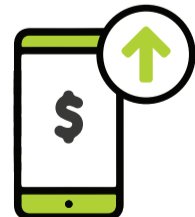
It is convenient



Sending
Receiving money



Paying bills
/merchants



Topping up
airtime

KEEPING YOUR ACCOUNT SAFE

How to set a PIN

✗ Birthday

✗ 1234

✗ 1111

Use dates or numbers that are easy for you to remember, but hard for others to guess, like:

- ✗ Your family member's mobile number
- ✗ A special date
- ✗ Your date of joining the factory



Don't share your PIN or account details with anyone, including family, friends or colleagues

BEWARE OF FRAUDULANT MESSAGES OR CALLS

HACKER

Sent you money by mistake, please send the amount 123 back to account ABC



HACKER

This is your financial service provider, please confirm your PIN and last transaction details

HACKER

Your account is blocked, please send some money to account number XYZ to get this activated

HACKER

We are auditing your account, we need your PIN details

NO



HOW TO BUDGET

Create a budget with your family



Calculate your family income



List out your monthly expenses



Focus on essential expenses and reduce non-essential items



Identify what you can save each month



Families that discuss finances together are more likely to meet their financial goals and have more harmonious relationships

Budgeting is **EASY** and anyone can do it
START FROM TODAY!



	Item	Amount
Income	Your wages and spouse's wages Saving Interest Rates	
Expenses	Essentials (Food, rent, bills) Non-essentials (New clothes, cosmetics)	
Saving	Income minus expenses	

EVERYONE CAN **SAVE** START TODAY!



WHY YOU SHOULD SAVE?

- To reach your goals
- In case of emergencies



HOW TO SAVE?

- Decide how much to save each month and stick to it
- Only cash out what you need, keep the rest safe in your account



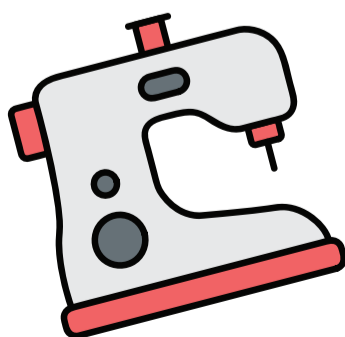
KEEP YOUR MONEY SAFE!

- Open and use a savings account

RESPONSIBLE LOANS

"I save 1,000,000₹ per month in my bank account towards my dream of sending my daughter to college"

- It's better to save towards a big expense, rather than take out a loan
- If you really do need to take a loan, then only take from reputable sources such as banks
- If you miss a loan payment, it will end up costing you more





Stress is a state of emotional and mental instability related to many factors that can be caused by work and life pressure or family difficulties

4 STEPS TO DEAL PROBLEMS WHEN YOU FEEL STRESSED

Stay calm and avoid reacting immediately



Identify the problem or possible barriers



Identify possible solutions and discuss them with others



Reach out to others for support and help



HOW TO OVERCOME YOUR STRESS



Try to get a good night's sleep



Do exercises like walking or stretching of hands and legs



Spend time on what you like to do



Take a moment to stop and breath in and out slowly

MANAGING STRESS

What is DOMESTIC VIOLENCE?



Domestic violence is a form of social violence, which is “an intentional act by a family member that causes harm or is likely to cause physical, mental or economic harm to another family member”

HOW TO DEAL WITH DOMESTIC VIOLENCE



Identify a neighbor, friend, colleague or shelter to go to in case you need to leave the house for safety

Keep a few essential items available in case of an emergency



Call your relatives or friends for help. If possible, develop a code with a trusted neighbor



You can also inform your welfare or HR officer to support you



*If you face violence: Please call **113** for police help or call **1900 969 680** (violence against women hotline)*

MANAGING STRESS

WHAT ARE THE CAUSES OF STRESS IN THE WORKPLACE?



Conflicts may happen in your workplace. It may cause issues and worsen relationships between colleagues. Their main causes include:



Differences in opinions



Expectations to handle things in particular ways



Miscommunication or misunderstandings

Remember that each of us has our own problems, learning to empathize, share and solve problems together will help you have healthy co-worker relationships.

IF YOU UNFORTUNATELY BECOME A VICTIM OF THE CONFLICT OR HARASSMENT AT WORK BUT DO NOT KNOW HOW TO HANDLE IT

PLEASE FOLLOW THESE STEPS:

1

Document the incidents

2

Confide in a trusted family member, friend or other support system

3

Follow the guidelines provided by your workplace and try resolving it within the workplace

4

Report the incident through an official channel (Labour Relation Committee members, HR, Union etc)



BUILDING HARMONIOUS RELATIONSHIPS

Building harmonious relationships is very important because it creates a positive work and home environment. Encourage harmonious relationships through **“positive communication”** and overcome difficulties together.

HOW TO PRACTICE POSITIVE COMMUNICATION



Listen carefully and attentively



Speak in firm, well placed and non-accusatory tone of voice



Take accountability for your own mistakes



Be positive and maintain eye contact



Use the correct body language



Offer solution clarify and summarise so that everybody understands



Choose the "right" time and "right" place to have best communication results