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.

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**POSSIBLE SYMPTOMS**

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

1. **DRY AND CONTINUOUS COUGH**
2. **EXTREME TIREDNESS**
3. **FEVER**
   - Where your forehead, chest or back feels hot
4. **OTHER FLU-LIKE SYMPTOMS**
   - Sore throat, body aches, runny nose

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

1. **ISOLATE WITH FAMILY MEMBERS**
2. **INFORM YOUR WORKPLACE AND TAKE SICK LEAVE**
3. **REACH OUT TO HEALTHCARE PROVIDERS AND GET TESTED**
4. **IF THE TEST RESULT IS POSITIVE FOLLOW THE DOCTOR’S ADVICE.**

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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 HEATH
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.
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

- Eggs
- Milk
- Fruit
- Wheat
- Vegetables

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

6-8 months
Soft porridges and pureed foods from family meals work well for children at this age

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?

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 money
   - Receiving money
   - Paying bills/merchants
   - Topping up airtime

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KEEPING YOUR ACCOUNT SAFE

How to set a **PIN**

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
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!**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
</tr>
<tr>
<td>Your wages and spouse's wages</td>
<td></td>
</tr>
<tr>
<td>Saving Interest Rates</td>
<td></td>
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<tr>
<td><strong>Expenses</strong></td>
<td></td>
</tr>
<tr>
<td>Essentials (Food, rent, bills)</td>
<td></td>
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<tr>
<td>Non-essentials (New clothes, cosmetics)</td>
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<tr>
<td><strong>Saving</strong></td>
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<tr>
<td>Income minus expenses</td>
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</tbody>
</table>
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
- 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

“I save 1,000,000$ per month in my bank account towards my dream of sending my daughter to college”
WHAT IS STRESS?  
WHY DO YOU FEEL STRESSED?

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:

1. Stay calm and avoid reacting immediately.
2. Identify the problem or possible barriers.
3. Identify possible solutions and discuss them with others.
4. 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 breathe in and out slowly.

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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

1. Identify a neighbor, friend, colleague or shelter to go to in case you need to leave the house for safety.
2. Keep a few essential items available in case of an emergency.
3. Call your relatives or friends for help. If possible, develop a code with a trusted neighbor.
4. 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)
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