

Cat 4 Resource Development Written Report

Title: Project Hygiene

Group number: 4-062

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ABSTRACT

Project Hygiene is a project to educate students on the importance of hygiene, and the methods they can use to stay hygienic. The project was inspired by students complaining about the lack of hygiene exhibited by their peers. Later in the year, with the outbreak of the covid-19 virus, staying hygiene is becoming an integral part of our daily lives. As such, we want to ensure our fellow students practise good hygiene and keep the school a safe place to be in. Through this project, we hope our students can fully understand how hygiene helps them in their daily lives, and the proper methods that they can use to maintain a good level of hygiene

1. Introduction

1.1 Rationale

Seeing that our school students lack the habit of good hygiene, and given the importance of hygiene, we felt that it is important to teach our students on the topic of hygiene, especially in the current Covid-19 situation.

1.2 Objectives

We aim to create a lesson package (containing a website, videos and posters) to:

1. Educate the students on the importance of hygiene
2. Teach them some good hygiene habits and practices
3. Give pointers to abide by these habits

1.3 Target Audience

Our target audience are students from the HS section in HCI

1.4 Resources

Our resource package includes 5 posters to spread awareness of why and how to maintain hygiene, 2 videos and 1 website, where we store all the relevant and in-depth information on why we have to maintain proper hygiene and how to do it.

Posters

We have created posters and pasted them across the school.

Video

https://www.youtube.com/watch?v=_fJBa3fqDZI how to make a mask

<https://www.youtube.com/watch?v=YvxW9vgiuok> how to wash hands

Website

Link: <https://sites.google.com/view/projecthygiene2020>

In our lesson package, we created a website where we uploaded relevant resources related to hygiene. The home page introduces who we are and our aims. Next, we included an informative section on ways to keep hygienic, as well as the importance of keeping clean and hygienic, especially targeted at those who do not practise good hygiene. The last few sections consist of resources that we had created, which are generally fun and interactive, such as the “Fun Facts” and the “Quiz”.

2. REVIEW

2.1 Why is our project necessary?

2.1.1 Relevant in society's context today

With the current coronavirus pandemic affecting us all, our project therefore becomes relevant and important for students. Also, it is in line with the government's agenda, which is encouraging and warning citizens to be more aware of their hygiene levels.

2.1.2 Importance of Hygiene

Even in our daily lives, it is important to keep hygienic to stay clean and healthy.

2.2 Existing Resources

2.2.1 Consequences of bad hygiene

<https://www.healthline.com/health/signs-of-infection>

This website was used to research the various germs and the consequences of bad hygiene

2.2.2 Benefits of good hygiene

<https://www.colgateprofessional.com/education/patient-education/topics/systemic/why-a-healthy-mouth-is-good-for-your-body>

<https://www.everydayhealth.com/healthy-living/guide-to-good-hygiene.aspx>

<https://www.healthline.com/health/personal-hygiene>

<https://www.dettol.co.in/en/personal-hygiene/the-importance-of-personal-hygiene/>

These websites were used to research the benefits of good hygiene

2.2.3 How to maintain good hygiene

<https://stepsforliving.hemophilia.org/first-step/maintaining-a-healthy-body/hygiene>

<https://www.medicalnewstoday.com/articles/personal-hygiene>

These websites were used to research how to maintain good hygiene

2.2.4 Fun facts about hygiene

<https://www.discovermagazine.com/health/20-things-you-didnt-know-about-hygiene>

This websites were used to research some fun facts

2.2.5 importance of and how to create a mask

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

From this site we learnt the importance of masks, and learnt the steps on how to make them

3. METHODOLOGY

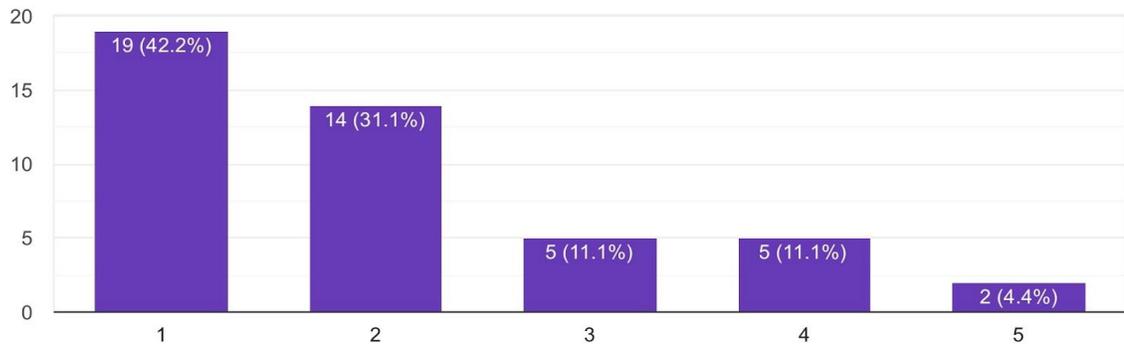
3.1 Needs Analysis

A needs analysis was conducted to ascertain the relevance of such a project.

We made a Google Form to survey 45 high school students in Hwa Chong Institution on their opinions with hygiene

How familiar are you with the importance of hygiene

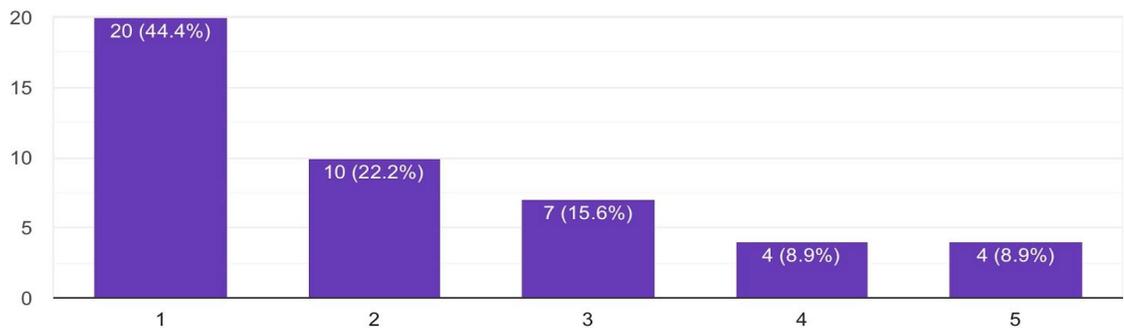
45 responses



Graph 1: We asked if they think they are familiar with the importance of hygiene. According to our results, 73.3% of the students indicated that they are not familiar with the importance of hygiene, leading to the decision that our project is needed to help the students.

On a scale of 1-5, how much do you watch out for your own hygiene?

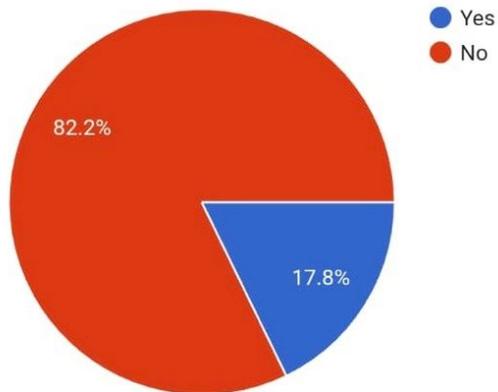
45 responses



Graph 2: This suggests that many are not conscious of hygiene, and thus we would like to help educate them.

Do the people around you practice good hygiene?

45 responses



Graph 3: This shows that many people still lack the habit of practising good hygiene, and is very alarming and concerning

The following are pictures of the HS canteen taken by us:



Pictures: These photographs show how dirty the HS canteen is after lunch break, as a result of the unhygienic habits of the High school's student body.

This implies that students have very little understanding of the importance of maintaining proper hygiene habits, and we believe that our lesson package can resolve this problem.

3.2 Development of Resources

We used Canva, a graphic design platform, to create the colourful posters, where we customised the word font and added copyright free photos to make our resources more interesting.

We recorded interactive and informative videos ourselves , such as how to make a mask, and added pictures of the final product.

3.3.1 Website

Our website is able to inform and educate HCI students on key facts that are both relevant and useful especially in today's context, where we are facing COVID-19. Besides being effective in our current situation, the knowledge gleaned can also boost students' awareness of hygiene and aid them in being healthier. Our website synthesised all these information into one convenient location. Thus, more than 76% of

students commented that our website is very comprehensive, interesting and well organized. Website link: <https://sites.google.com/view/projecthygiene2020>

3.3.2 Videos

We made videos on how to wash our hands and make your own mask! These 1-minute videos can be easily accessed via our website, which stores all the videos that we made. Furthermore, our videos are appealing to our target audience, able to provide concise and interesting content.

3.3.3 Posters

To appeal to HCI youths, especially students of high school, we decided to make use of posters, which have the ability to compact information in an appealing fashion. Posters can educate and attract people into learning more about hygiene. We've 4 posters which are posted around school and can also be found on our website.





DID YOU KNOW?

An average person carries 10million germs on the hands alone.

*WASH YOUR HANDS
FOR 20 SECONDS
BEFORE EATING FOOD
AFTER USING THE TOILET*

brought to you by: project hygiene

PROJECT HYGIENE

HYGIENE HEALTH HAPPINESS.

HYGIENE IS IMPORTANT

Do you know?
Germs from Flushing Toilet Can Travel up to 6 Feet

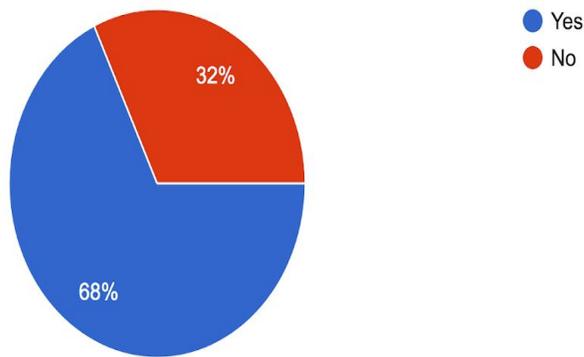


3.3 Pilot Test 1

We conducted Pilot Test 1 with 25 Secondary 3 students. We let them try out all of our resources and offer us feedback based on their experience. Overall, all participants rated our resources as useful

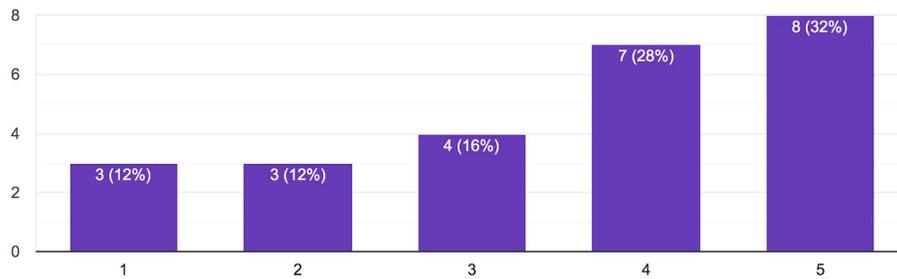
Was our resource package useful?

25 responses



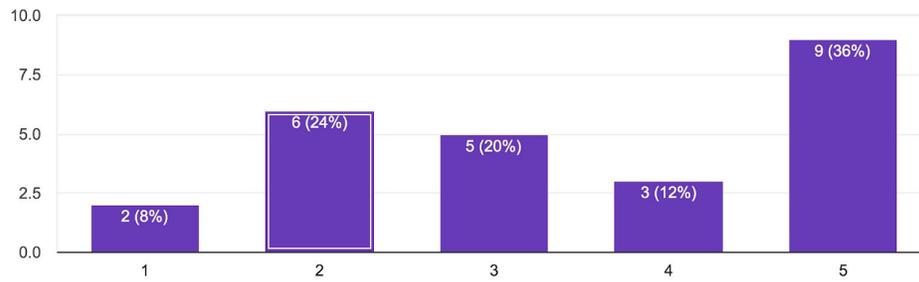
On a scale of 1 to 5 how much did you learn about the importance of hygiene

25 responses



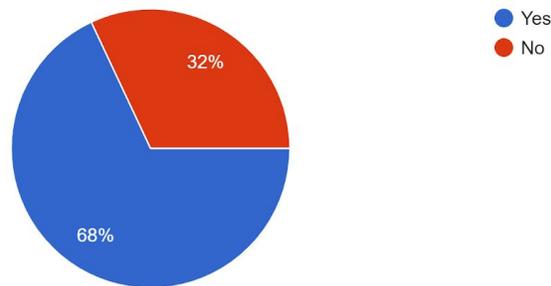
From a scale of 1 to 5, based on our resource package, how much did you learn about how to be hygienic?

25 responses



Will you be more hygienic from now on?

25 responses



Feedback

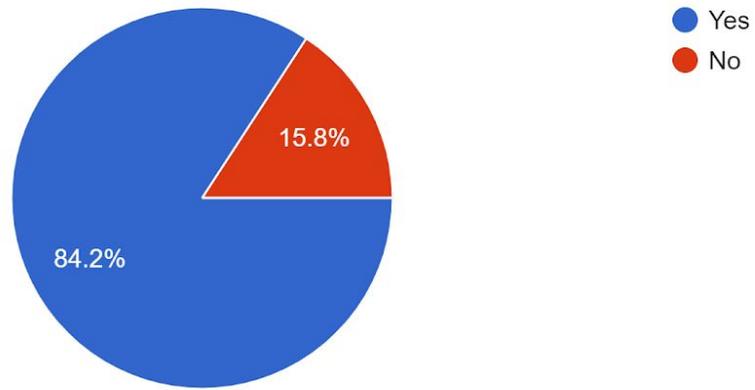
Declan See Tho (3P1): “I feel that this package was very informative and well-done, and I think adding more interesting material such as quizzes or more posters would improve this package even more.”

3.4 Pilot Test 2

To ensure our final resources were effective, we conducted a second pilot test with 38 people. It consisted of Secondary 3 students. We let them look through our improved resources and give feedback based on their experience to determine whether the improvements made to our resources are sufficient. Generally, all users indicated that there was an improvement from the resources before.

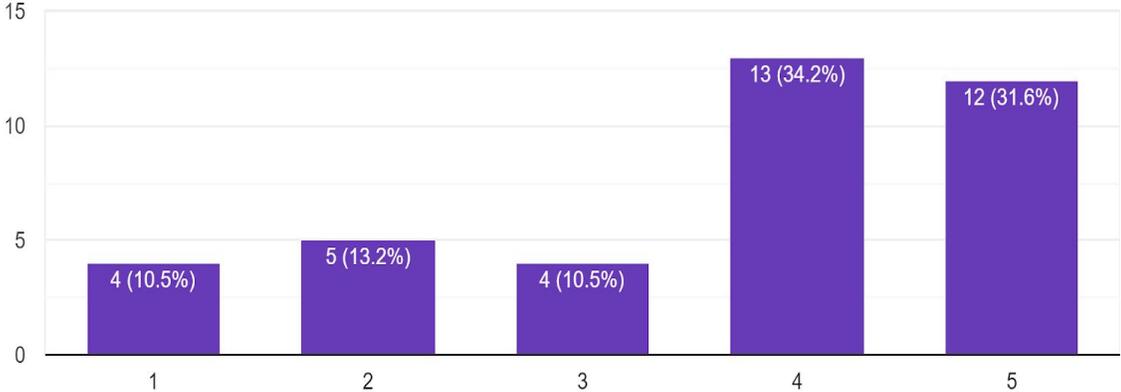
Was our resource package useful?

38 responses



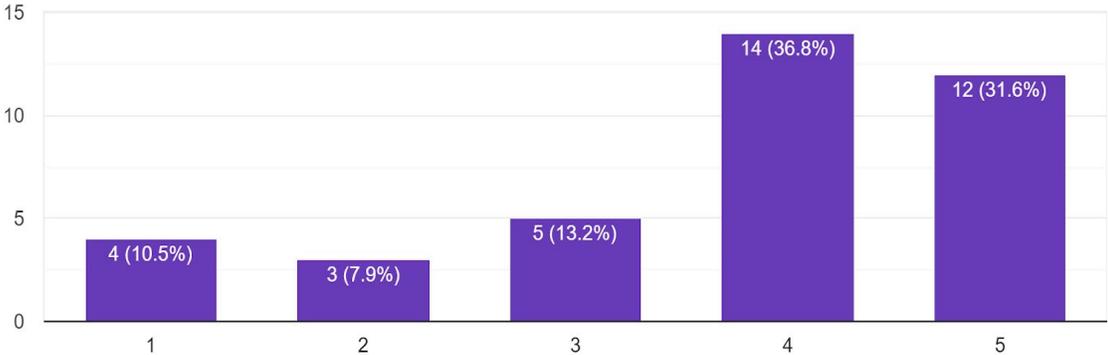
On a scale of 1 to 5 how much did you learn about the importance of hygiene

38 responses



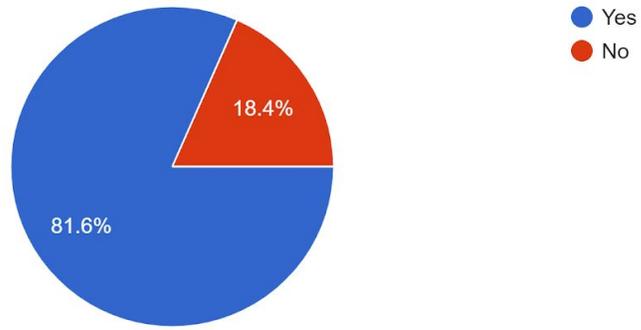
From a scale of 1 to 5, based on our resource package, how much did you learn about how to be hygienic?

38 responses



Will you be more hygienic from now on?

38 responses



Is there anything in our resource package that we can improve on?

7 responses

More questions in quiz pls

I think the information provided could have been clearer and explain more

More posters

More methods of practicing good hygiene

No

I think the whole resource package was already very good, and the posters were very nice, so I would like more posters!

Nope :)

Pilot test #2

Nathan Kok (3P1): “This project has helped me immensely, allowing me to learn more about the importance of hygiene and how to practise proper hygiene”

Jun Yi (3i1): “On the whole, the website and posters and attractive, interactive and engaging while at the same time very informative”

Ryan Yin (3i1): “The lesson package has really taught me about the ways to stay hygienic as well as the importance of hygiene. The portion of the importance is really in depth, and it really benefited me. “

Samuel Chan (3A1): “I have really learnt a lot from this project and had much fun engaging with the interesting posters and website”



Posters were also put up around the school in locations such as block A or the clock tower where many students would see them and be exposed to our project

4. Outcome & Discussion

4.1 Outcome

To conclude, our project was largely successful, where a majority of the respondents indicated that our resource package was useful in teaching them hygiene, suggesting that we have created a resource package that is effective and successful; one that has made a positive impact on the student population.

4.2 Limitations

Due to our limited time knowledge of hygiene, we could not fully cover the multitude of aspects of hygiene. We would have liked to add in more benefits of hygiene, and the methods to do so, which would no doubt have been able to be more convincing to the students. We would also have liked to show our resource package to a professional in the field, and ask for their expert opinions, but due to social distancing restrictions, this was not possible.

4.3 Future Work

There is potential for the future expansion of project hygiene, it might even be possible to partner with larger organizations, such as the CDC, to create a larger, more effective, and more far-reaching resource package.

5. Conclusion

In retrospect, we felt that we have mostly achieved our aim of sharing the importance of maintaining proper hygiene and methods of practising good hygiene through this project. Through the posters around the school and our website, we managed to spread this to the entire high school section. Throughout the process of doing this project, we have not only learnt much more about hygiene as a whole, but also a great deal of valuable skills such as teamwork and communication, and how to be a better

teammate to contribute towards the team.

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