

UPGRADE TO GAS



INTERPERSONAL COMMUNICATION CONDUCTOR (IPCC) ACTIVITY BOOK



ACTIVITIES AGENDA

LEARNING UNITS	TRAINING OBJECTIVES
Learning Unit 1	Trainees will critically examine the different cooking fuel types, what informs people's choice of cooking fuel (along the 4As), the pros and cons of different cooking fuels and the "truths" behind them
Learning Unit 2	Trainees will learn the basic concepts of BCC
Learning Unit 3	Trainees will learn about the concept of IPC and the importance of IPCCs as change agents who can trigger the process of behaviour change in their community
Learning Unit 4	Trainees will learn the basic skills of IPC
Learning Unit 5	Trainees will learn the correct handling of LPG cookstoves
Learning Unit 6	Trainees will learn the requirements for being an effective IPCC

LEARNING UNIT 1

THE DEFINITION OF DIRTY FUEL AND EXAMPLES

When a dirty fuel is used to cook, it releases harmful smoke (carbon monoxide) and tiny black powdery particles called soot that pollute the air and stain surfaces (such as walls and cooking pots). When burnt, dirty fuels give an unpleasant odour that makes people cough. These fuels also emit smoke that causes eye irritation-eyes are red and watery.

There are several examples of dirty cooking fuels used in Nigeria: firewood, sawdust, crop waste, charcoal, coal, animal waste (dung), kerosene and even plastic bottles (in some instances). See pictures below:



Firewood



Kerosene stove



Charcoal

WHY IS COOKING WITH DIRTY FUEL A PROBLEM IN NIGERIA

- Nigeria has over 30 million households; 9 out of 10 of these households cook at least once every day with dirty fuels.
- These fuels release harmful particles called particulate matter (PM) into the air when they burn. The risk of exposure to PM is increased greatly when cooking indoors, due to indoor air pollution.
- People who use dirty fuels to cook regularly are at higher risk of falling ill. Disease linked to cooking with dirty fuels include lung disease, heart disease, child pneumonia, lung cancer, low infant birth weight (for pregnant women) etc.
- Deaths from firewood smoke is the third highest killer in Nigeria after malaria and HIV.
- 98,000 women and children die annually in Nigeria as a result of diseases caused by toxic cook stove smoke.
- Pregnant women regularly exposed to fumes from dirty fuels risk harming the health of their unborn child.
- Women and girls who go out to collect firewood for the household are vulnerable to the risk of being rape or assaulted.
- Nigeria loses 3 per cent of its forests every year to deforestation, as 7 out of every 10 Nigerian households use wood for cooking. This means a loss of habitation for many plant and animal species, and a threat to their survival. Deforestation also has other consequences: Erosion, desertification, climate change and food insecurity.

What is LPG?

LPG stands for Liquefied Petroleum Gas. It is one of the cleanest, healthiest and most efficient cooking fuels available. It is also very safe when used properly. It also produces a “blue flame” when you light the cook stove- which means that the LPG is being burnt completely and none is wasted.

WHY USE LPG

- Cleanest- It burns completely, so it does not leave residue i.e. smoke and soot. Therefore it does not stain surfaces like walls and pots like kerosene and wood.
- Healthiest- Because it is clean burning, you are not at risk of harmful smoke inhalation unlike when using dirty fuels
- Most Efficient- LPG cooks faster than all other fuels because all of the LPG burns completely and none of it is wasted. In other words, less money spent over time, more value gained.

ACTIVITY TABLE

INSTRUCTIONS:

The trainer will ask questions about the 4A's and the trainees are to provide the corresponding answers for each cooking fuel.

4A's	FIREWOOD	CHARCOAL	KEROSENE	LPG
Availability				
Affordability				
Accessibility				
Acceptability				
RESULT				

LEARNING UNIT 2

THE DEFINITION OF COMMUNICATION

The exchange of information, ideas, news etc.

TYPES OF COMMUNICATION:

- Written- novels, magazines, textbooks, cards etc.
- Verbal/Oral- interpersonal, telephone, video, radio, television
- Nonverbal: sign language, facial expression, gesture, posture
- Visual - pictures, illustrations, colour, hairstyle, neatness etc.

WHY IS EFFECTIVE COMMUNICATION IMPORTANT?

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WHAT IS BEHAVIOUR CHANGE COMMUNICATION (BCC)?

BCC is a process that motivates people to adopt and sustain healthy behaviours and lifestyles. Examples of healthy behaviours are handwashing, immunizing children, exclusive breastfeeding, family planning etc.

OTHER EXAMPLES OF HEALTHY BEHAVIOUR INCLUDE:

A process is a series of actions or steps taken in order to achieve the desired healthy behaviour. So for people to adopt the desired behaviour, they need to pass through several stages of behaviour change. These stages are: **AWARENESS, KNOWLEDGE, APPROVAL, INTENTION TO ACT, ACT and ADVOCACY**

In BCC, each stage has a corresponding action to be taken if the IPCC observes his/her audience exhibits a weakness. For example:

WEAKNESS	ACTION TO BE TAKEN
Awareness/ knowledge is low	Increase knowledge
Approval is low	Make the message more appealing by communicating benefits, giving practical demonstrations, endorsements by influential personalities/role models etc.

Intention to act is low	Motivate audience by communicating benefits, giving practical demonstrations, endorsements by influential personalities/role models etc.
Practice is low	Positive reinforcement: provide additional information on benefits, strengthen support systems and social networks.
Advocacy is low	Positive reinforcement: provide additional information on benefits, strengthen support systems and social networks.

LEARNING UNIT 3

WHAT IS INTERPERSONAL COMMUNICATION?

Interpersonal communication can be defined as person-to-person communication, verbal and non-verbal exchange (voice, facial expressions, gestures and body language) that involves sharing information and feelings between individuals or in small groups.

Interpersonal communication is one of the important communication components that influence behaviour change. This setting is typically the critical juncture where individuals decide what behaviors they will or will not adopt.

ELEMENTS OF INTERPERSONAL COMMUNICATION

Elements include the communicator, the message, context, channel, noise and effect.

WHAT DO YOU UNDERSTAND BY THE FOLLOWING:

Communicator

The Message

Context

Channel

Noise

Effect

LEARNING UNIT 4

THE SIX INTERPERSONAL COMMUNICATION SKILLS

The GATHER approach:

Greet

Ask

Tell

Help

Explain

Return

LEARNING UNIT 5

SAFETY GUIDES FOR USING LPG STOVES AND CYLINDERS

LEARNING UNIT 6

THE ROLE AND RESPONSIBILITIES OF IPCCS

These include:

- (i) Ensuring that community members receive accurate and timely information about LPG through house to house and group IPC sessions. IPCCs should aim to talk to 2-6 people per session for house to house visits.
- (ii) Organizing kitchen demonstrations/dramas for group IPC sessions. These sessions can be organized in community centres such as mosques, schools, health centres, market squares or town hall meetings frequently attended by community influencers/opinion leaders.
- (iii) Advocacy: IPCCs should be able to identify and engage with community influencers (e.g. community heads, religious leaders, market leaders etc.) to gain their support on promoting LPG in their communities.
- (iv) Identifying existing local financial schemes that can help households overcome switch over costs.
- (v) Following up with households that have expressed intention to switch to LPG, to inquire about their progress and provide them with additional information such as financial support schemes.
- (vi) As the project progresses, IPCCs are expected to contribute to developing the community engagement strategy. This can include suggesting ways to increase people's comfort levels around using LPG, improving savings behaviour and how to switch households to using LPG exclusively.
- (vii) IPCC should be diligent and honest in completing their data collection forms and submitting to their supervisors on time.
- (viii) IPCCs should be prepared to answer potentially difficult questions from the audience and calm their fears about using LPG.

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