

Healthy Steps



Aim

to highlight the injustice that exists related to health around the world

Age

8 years and older

Time

20-30 minutes

Materials

Role cards for participants and statements for the leader

What to do

Option 1

Give each participant a role card. Everyone lines up at the end of the room. Explain that you will read a series of statements. If they think a statement applies to their character, they take a giant step forward. If it does not apply to them, they stay where they are.

After one person has reached the end of the room or you run out of statements, stop the game and ask people to stay in their place and look around them at where other people are standing. Ask the person at the front who their character is. How do they feel about the progress they made? What helped or hampered them? Now ask some of the other participants toward the back of the group who they were and how they felt about where they ended up.

Are health inequalities limited to poor countries? In Ireland, what groups in society have unequal access to healthcare and good health (see fact box on page 7). Ask if it is fair that some people are more likely to be healthy than others. If it is unfair, what can be done to change this?

Option 2

Give participants a photograph from the photo pack instead of a role card. Do the activity as above but this time the participant decides by using their interpretation of the photo they have, if they can move or not. Debrief using the same method as above.

STATEMENTS

- I can go to school
- My family can buy medicine if I get ill
- I get support when I am feeling sad
- I am happy
- I can go to a doctor if I need to
- I can get information about my health when I need it
- I feel free to express my beliefs
- If I want a drink of water, I just turn on the tap
- I am protected from violence and conflict
- I can play with other young people when I like
- There is a local youth club that I can attend
- I can change the world

Healthy Steps



ROLE CARDS

Sami

I live with my brother in Burkina Faso. I attend a local primary school where we learn to care for chickens so that we have food.

Denise

I live with my parents and my younger sister on a halting site in Dublin. I go to a local school. Sometimes some people bully me and call me names. I don't feel happy then.

Mita

I am from Indonesia. I live in a refugee camp with my family. I would like to be able to go home some day but my father is worried for our safety.

Sheku

I am from Sierra Leone. I lost one of my legs when I stepped on a landmine near my home. I try to stay active by playing football with friends.

Yonas

I am from Eritrea. I work in a local market where we turn scrap metal into useful items such as kettles, pots and tools. I see other young people going to school and I'd like the chance myself.

Eunice

I come from the Philippines. I go to the local primary school with a lot of other kids. In class we learn about the importance of personal hygiene.

Martin

I live in Kenya. There are many people here who are HIV+ and others who have AIDS. A group of us came together to take action about discrimination.

Omar

I come from Iraq. I don't go to school anymore. To pass time I usually play football with my friends, but because of the war it isn't always safe to be near the oil fields.

Johnny

I'm from Ireland. I am a member of my local youth club. We do a lot of fun activities, especially outdoor pursuits when the weather is good – things like surfing, rock climbing and kayaking.

Nadia

I live in Indonesia. I enjoy playing with other children and helping my family. When I want to wash myself I go to one of the new water taps.