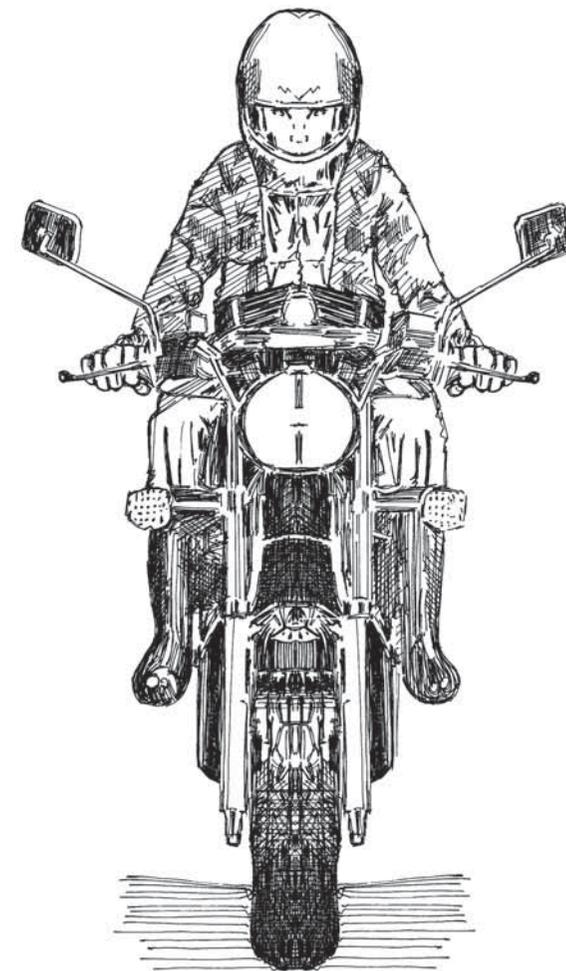


Tool 1 Road safety



Question: *What do you see in these pictures?*

Responses: **1.** A person on a bicycle wearing a helmet with the chinstrap fastened. **2.** A woman in a car wearing her seatbelt while driving. **3.** An adult on a motorcycle wearing a motorcycle helmet with the chinstrap fastened.

Question: *What do these pictures represent?*

Response: People taking action to prevent road traffic injuries.

Question: *Have you or somebody you know ever been injured in a road accident?*

Response: If yes, ask to share their story of what happened. Listen for causes of road traffic injuries. If no, skip the next question and go to causes of road traffic injuries.

Question: *What do you think could have been done to prevent the injury?*

Response: Listen for, and give approval to, correct prevention behaviours.

Question: *What are some causes of road traffic injuries?*

Responses: **1.** Driving too fast and not keeping a safe distance from other vehicles. **2.** Drinking, or using drugs and driving. **3.** Using mobile or cell phone while driving. **4.** Untrained drivers. **5.** Distracted drivers. **6.** Tired drivers. **7.** Lack of, or poorly visible road signs. **8.** Bad weather conditions such as fog, rain or wind. **9.** Old and poorly maintained vehicles. **10.** Bad or unsafe road infrastructure. **11.** People and animals crossing the road.

Question: *What are ways to prevent road injuries?*

Responses: **1.** Use seat belts, or in the case of motorcyclists, use helmets with the chinstrap fastened. **2.** Keep a safe distance from other vehicles. **3.** Keep to the speed limit and adapt driving speeds to weather conditions, the state of roads and the amount of traffic. **4.** Obey traffic lights and highway codes. **5.** Never drive after drinking alcohol or using drugs. **6.** Never use mobile or cell phones while driving. **7.** Drive carefully and pay special attention to pedestrians, cyclists and in general to all vulnerable users. **8.** Discourage children from playing on busy roads and show them how to cross the road safely. **9.** Use a light when walking on the road at night, and if possible wear light or reflective clothing so others can see you. **10.** Know where to go for help when a road crash occurs and keep a list of emergency numbers

Key messages:

- ➔ Road traffic injuries can be prevented.
- ➔ The behaviour of road users is a main cause of road crash injuries.
- ➔ Use seat belts, or in the case of motorcyclists, use helmets with the chinstrap fastened.
- ➔ Keep to the speed limit and adapt driving speeds to weather conditions, the state of roads, and the amount of traffic.
- ➔ Discourage children from playing on busy roads and show them how to cross the road safely.
- ➔ Never drive after drinking alcohol or using drugs.

Take action: What is one thing you will agree to DO to improve road safety with members of your household?

Tool 1

Safe blood and voluntary blood donor recruitment



Question: *What do you see in this picture?*

Responses: **1.** A bag (unit) of blood. **2.** A blood donor giving blood. **3.** Red Cross and Red Crescent volunteers recruiting voluntary blood donors. **4.** The Club 25 logo.

Question: *Why is donating blood important?*

Response: Blood is needed to save lives. It is used for people involved in accidents, those who need operations, or who need blood transfusions for certain medical conditions

Question: *Have you ever donated blood?*

Response: If yes, give recognition and appreciation, and ask to share the experience.

Question: *What is done to make blood donation safe?*

Responses: **1.** Before giving blood, donors are asked questions about their health and medications they are taking, to determine if they are eligible for safe blood donation.
2. Needles and bags used to collect blood are used only once and then discarded.
3. Donated blood is tested for blood type and infections.

Question: *Who should NOT donate blood?*

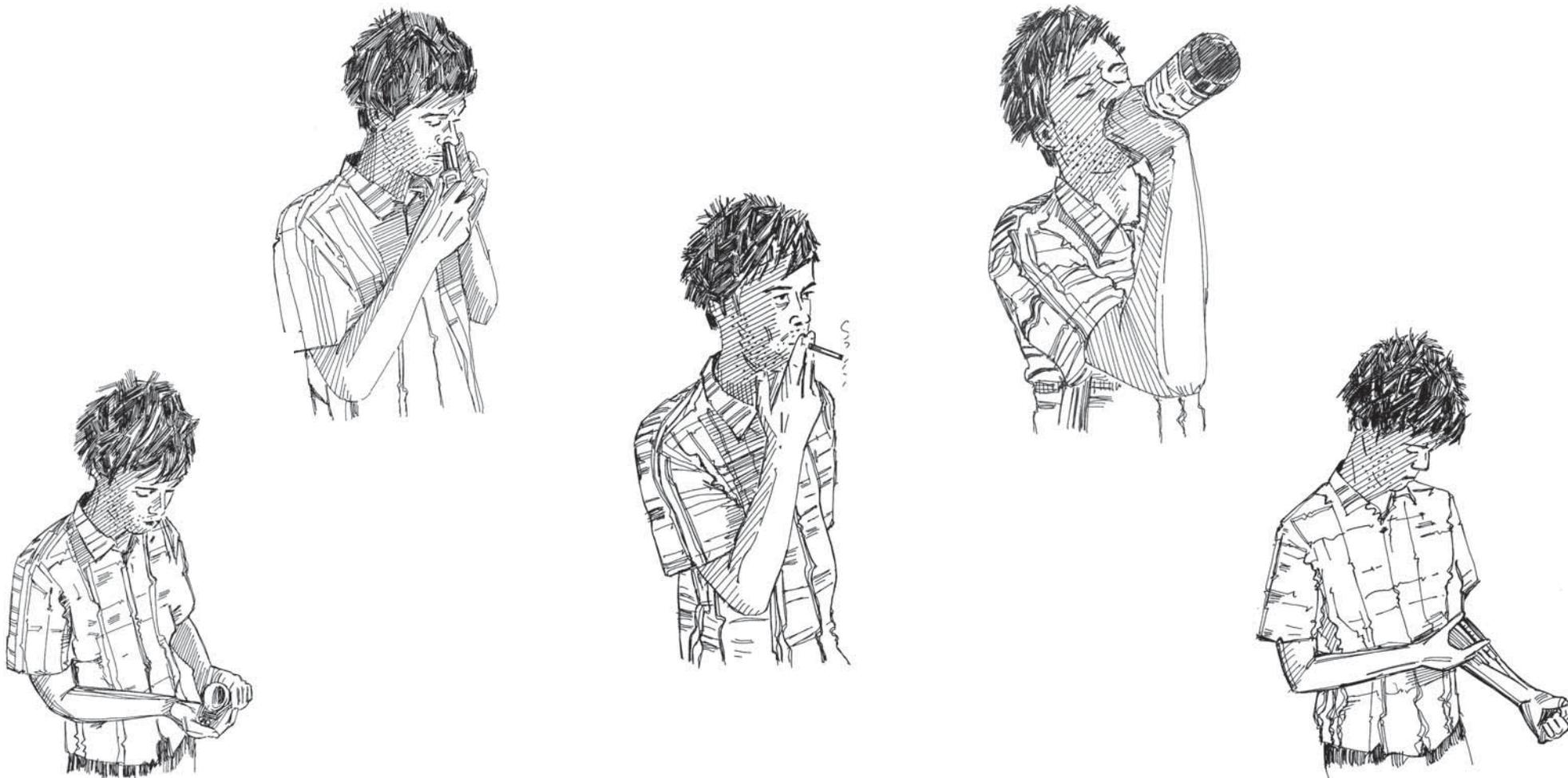
Responses: **1.** Too young and too old (age limits vary by country).
2. People who are not feeling well.
3. People with anaemia or low blood iron.
4. Pregnant women or women who have been pregnant in the last year.
5. Women who are breastfeeding.
6. People who have heart disease, low or high blood pressure, diabetes or epilepsy.
7. People who are taking certain medications such as antibiotics.
8. People with an infection or history of infection such as malaria, HIV, hepatitis B or other sexually transmitted infection (STI).

Key messages: ➔ Blood saves lives.
➔ Donating blood is safe.

Take action: Would you like more information about becoming a blood donor?
If yes, provide information about where to give blood and about Club 25

Tool 1

Excessive substance use



Question: *What do you see in these pictures?*

Responses: **1.** Drugs, alcohol, cigarettes, medicines, illegal drugs or substances such as marijuana and heroin.
2. Legal and illegal substances that can change a person's behaviour with excessive use.

Question: *How can using substances like these be dangerous?*

Responses: **1.** Persons who are under the influence of substances may have reduced judgement and may engage in risky behaviours, such as unprotected sex, or driving. **2.** Substances that are injected with shared needles and syringes can put people at risk of transmitting infections like HIV. **3.** Excessive alcohol use is bad for the liver. **4.** Excessive alcohol use can impair judgement leading to vehicle accidents. **5.** Alcohol can also make depression worse and can contribute to violent behaviour. **6.** People who use substances in excess can become addicted. **7.** Excessive use of substances can be life-threatening.

Question: *How can smoking cigarettes damage a person's health?*

Responses: **1.** Cigarette smoking can cause lung and other cancers. **2.** Cigarette smoking can cause many diseases.

Question: *What can a person do to minimize substance use?*

Response: Seek support from community programmes or support groups.

Question: *What can a person do to discourage young people from experimenting with these substances?*

Responses: **1.** Seek support from youth organizations or religious bodies. **2.** Support substance use awareness in schools and colleges. **3.** Encourage young people to lead healthy lifestyles.

Question: *Do you know anyone who has received support for excessive substance use?*

Responses: If yes, ask to share their story.

If no, offer to provide names and places where support for excessive substance use is given in the community.

Question: *What should you do if a person has an overdose from drugs or alcohol?*

Response: Seek immediate medical attention.

- Key messages:**
- ➔ Lead a healthy lifestyle and discourage excess substance use.
 - ➔ Excessive use of alcohol and other substances can impair judgement and be life-threatening.
 - ➔ Cigarette use can damage health and is a cause of lung cancer.
 - ➔ Seek support to minimize substance use.
 - ➔ Seek immediate medical attention during an overdose.

Take action: What is one thing you will agree to DO to lead a healthy lifestyle?