

WATER AND YOU: MAKE THE BEST CHOICE

START HERE!

ILLUSTRATIONS BY PETER GROSSHAUSER



HOW TO USE THIS DIGITAL BOOK

Pick a story from the table of contents below. Use your mouse to click on the buttons and select different options within each story. The buttons look like this:

Click on the Take Action buttons to print off your own pages to use at home or at school! Take Action buttons look like this:

CHOOSE THIS OPTION

TAKE ACTION!

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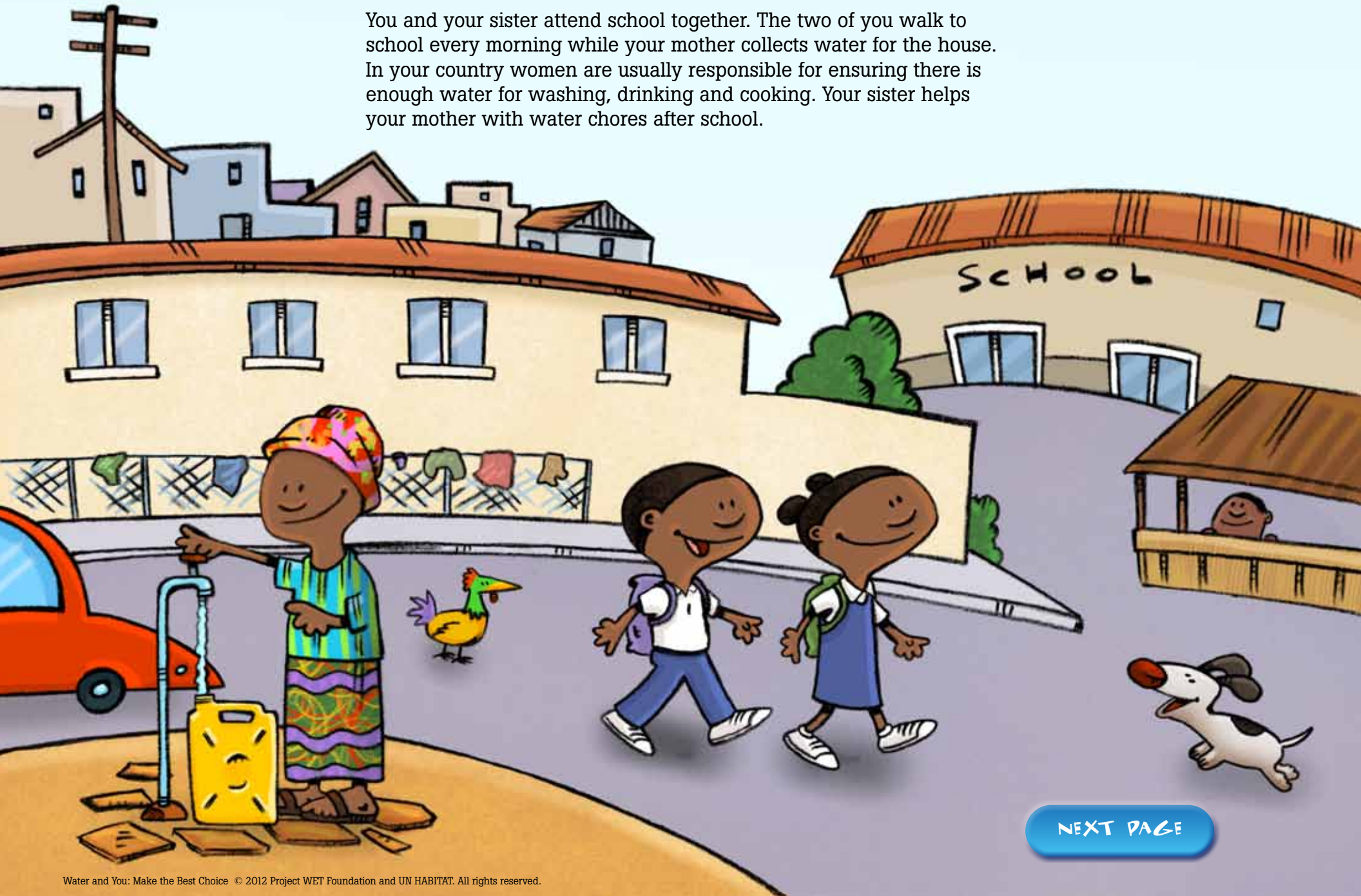


This book is meant to be used electronically and not as a traditional printed book.

OTHER PUBLICATIONS

WHO COLLECTS WATER?

You and your sister attend school together. The two of you walk to school every morning while your mother collects water for the house. In your country women are usually responsible for ensuring there is enough water for washing, drinking and cooking. Your sister helps your mother with water chores after school.



NEXT PAGE

Your sister has fallen behind in her schoolwork as a result of her daily water chores. She is worried about her grades, and she doesn't want to go to school without completing the assignments.

YOU CAN EITHER:



help your sister and mother collect water so that both you and your sister have time to complete your schoolwork at night.

CHOOSE THIS OPTION



not help your sister and mother so that you can finish your schoolwork early and have time to play football with a friend.

OR

CHOOSE THIS OPTION

CONGRATULATIONS!

By helping your sister with the household chores you and your sister are able to go to school with your schoolwork completed. Your sister wants to be a doctor someday. If she stays in school and gets good grades, she can achieve her dream.

You can help your family manage the household chores by setting up a schedule with them.

SCHEDULE OF CHORES



START OVER

CHOOSE NEW STORY

Your sister starts missing school because she is behind on her schoolwork. The teacher says that she will fail her classes if she doesn't come to school and turn in her assignments.

See what will happen if you help your mother and sister with the chores.

HELP COLLECT WATER



You can help your family manage the household chores by setting up a schedule with them.

SCHEDULE OF CHORES

TAKE ACTION!

Use this schedule of chores, or create your own, so that everyone in the family helps out.

It isn't fair if just one or two people have to do everything.
Keeping a house healthy is good for everyone!

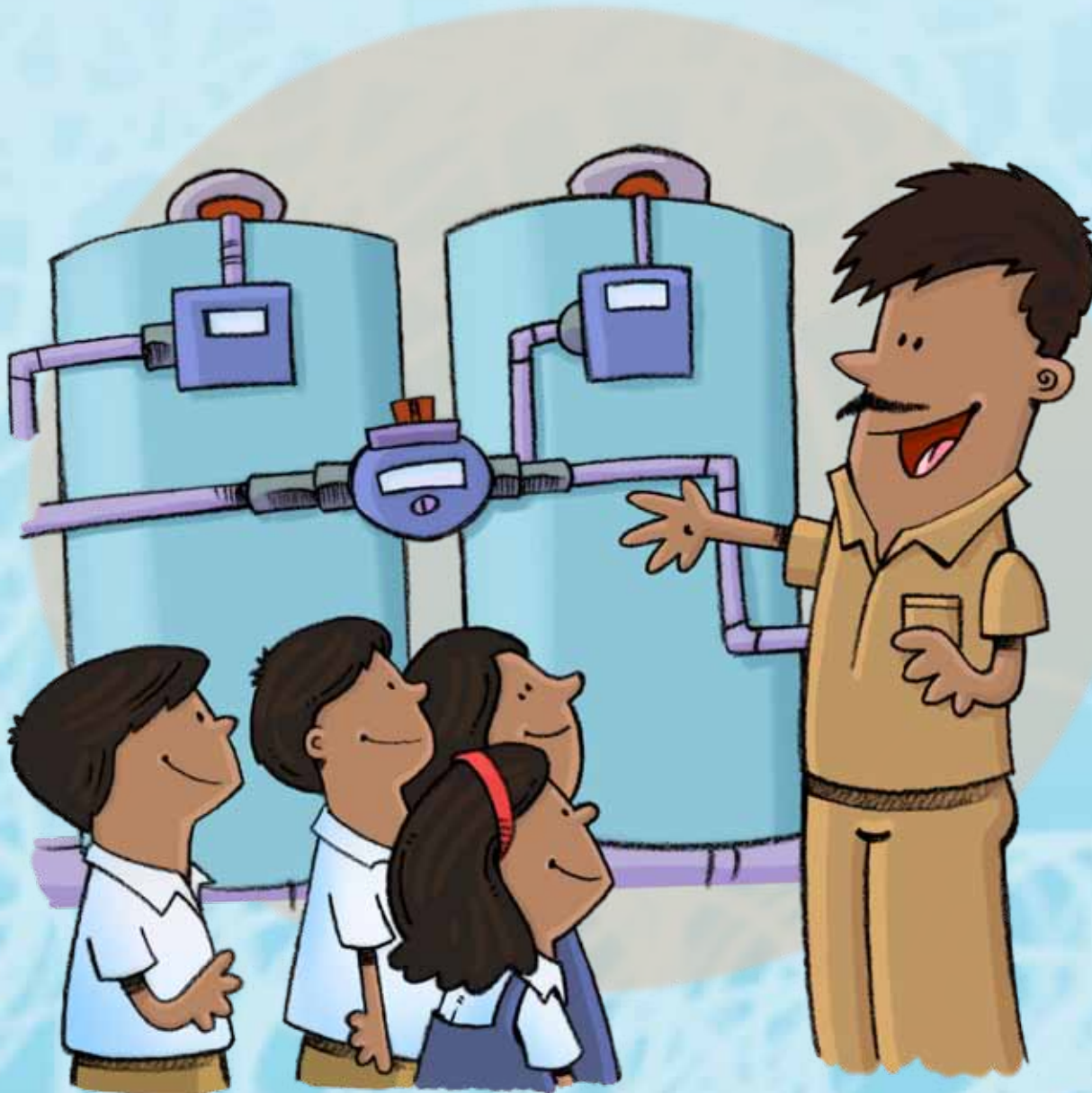
SCHEDULE OF CHORES

CHORE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Collect water							
Dishes							
Sweep							
Clean toilet							

START OVER

CHOOSE NEW STORY

WHO PAYS FOR WATER?



You take a field trip with your class to the water treatment plant. The Water Company worker explains how water is delivered to houses in the city from the local water source. He tells you that in order for everyone to have water, people must pay for the water they use. If people don't pay for their water, then the Water Company cannot keep the city water system working properly.

The Water Company knows how much water people use because they check the water meters on houses. If a family uses a lot of water, then they will pay more than a family that uses only a little water. This ensures that everyone pays fairly for the water they use.

NEXT PAGE

As you walk home that day you notice your neighbor wasting a lot of water. You talk to him about what you learned and ask him if his water bill is very expensive. He tells you that if you

bribe the meter man then they won't report your water usage. He uses all the water he wants but does not pay for it all, so he has low water bills.

YOU CAN EITHER:



tell your parents about your neighbor's bribes to the meter man.

OR

not tell your parents about the bribes and let your neighbor continue using free water.

CHOOSE THIS OPTION

CHOOSE THIS OPTION

CONGRATULATIONS!

By telling your parents about your neighbor's illegal water use, your parents were able to talk to your neighbor and report misuse to the Water Company. This allows all neighbors to pay fairly for the

water they use. Your parents are no longer concerned about having enough water or affording their monthly water bill because there is enough water for everyone.

Discuss with your parents how water is metered at your house. Print out a coloring page with questions to learn about water use in your area.

GO TO COLORING PAGE



START OVER

CHOOSE NEW STORY

In the morning you try to collect water for washing but find there is no water! You ask your parents why you don't have any water. They explain that somehow the water has run dry, even though they have not used their portion of water for the month. They cannot afford to pay for extra water.

You remember seeing your neighbor use lots of water and not paying fairly for it. You decide to tell your parents about your neighbor's actions.

TELL YOUR PARENTS

How is water metered at your house? Print out a coloring page and find out.

GO TO COLORING PAGE



TAKE ACTION!

Ask your parents and friends the questions on this page to find out about the water system in your city.

What is the name of the Water Company in your city? _____

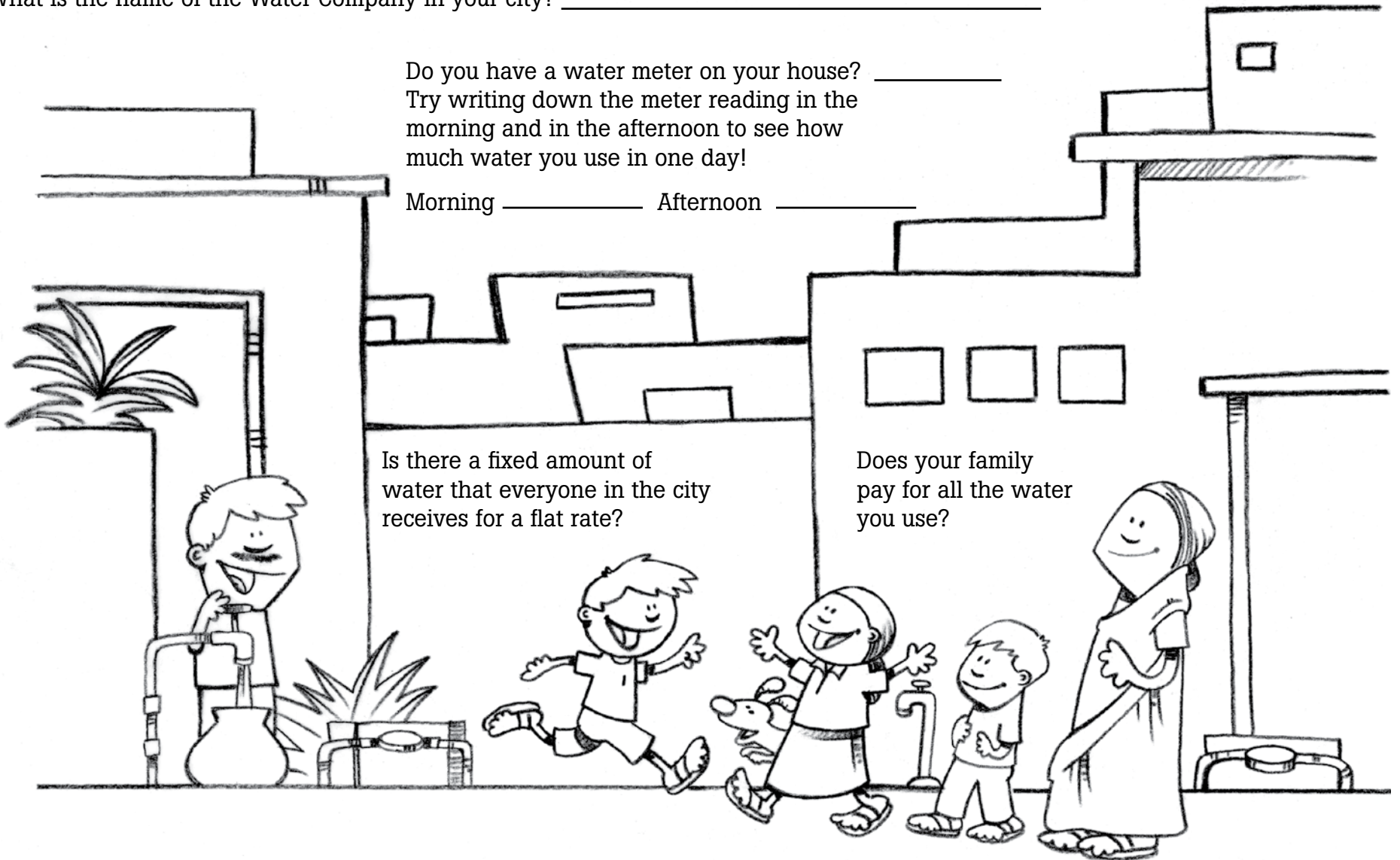
Do you have a water meter on your house? _____

Try writing down the meter reading in the morning and in the afternoon to see how much water you use in one day!

Morning _____ Afternoon _____

Is there a fixed amount of water that everyone in the city receives for a flat rate?

Does your family pay for all the water you use?



START OVER

CHOOSE NEW STORY

WHO NEEDS WATER?

You attend a school that has regular water service and nice bathrooms with hand washing stations. However, your parents just changed jobs and you must move to a different neighborhood and attend a different school.



NEXT PAGE

The neighborhood of the new school does not have reliable water service, and the toilets and sinks in the school are run down. You do not want to attend a school with these poor water and sanitation conditions.

YOU CAN EITHER:



start a school health club and raise money to improve the school water facilities.

OR

complain to your parents and ask to go back to your old school.

CHOOSE THIS OPTION

CHOOSE THIS OPTION

CONGRATULATIONS!

By starting a school health club you have been able to raise money to fix the broken water faucets, build rainwater harvesting systems and safely store water for all of the students. You also petitioned for girls and boys to have separate toilets so that your classmates can use the bathrooms safely and comfortably.

RAINWATER
HARVESTING

START A SCHOOL
HEALTH CLUB



START OVER

CHOOSE NEW STORY

You complain to your parents about the conditions of water at the school and say you want to go back to your old school.

Your parents explain that many people in your city live without regular access to water. You are fortunate to have enough water in your house for everything, while some people don't have enough water to wash up.



They suggest you start a health club to raise money to build rainwater harvesting and healthy water storage systems and to fix water facilities at the school.

RAISE MONEY
FOR YOUR SCHOOL



TAKE ACTION!

What is rainwater harvesting?
People have been harvesting rainwater for thousands of years. They used folded banana leaves or rocky outcrops where water poured off during rains to collect water.

In modern cities, roofs and gutters can help people collect rainwater. Houses, schools and municipal buildings can collect rainwater for drinking, for cleaning and for use in times of emergency or drought.

WHAT DO YOU NEED FOR A RAIN WATER SYSTEM?

- Roof—an area to collect rainwater
- Pipes and Gutters—a system to move the rainwater off the roof and into tanks
- Tank with a secure cover—a storage system
- Overflow pipe—something to prevent the tank from getting too full
- First Flush System—a method to let the first dirty water run off the roof without going into the storage tank
- Tap or pump to access water—a way to get water out of the storage tank
- Draining area to drain tank and prevent puddles or standing areas of water



For more information on building rainwater systems visit these helpful websites:

[Water Aid. Rainwater Harvesting](#)

[WELL](#)

[Rainwaterharvesting.org](#)

[International Rainwater Catchment Systems Association](#)

[T.H. Thomas and D.B. Martinson. 2007. Roofwater Harvesting: A Handbook for Practitioners](#)

START OVER

CHOOSE NEW STORY

TAKE ACTION - START A HEALTH CLUB!

Why start a health club?

Health clubs are groups of people in schools or communities who promote healthy behaviors. A health club can teach people about health issues without one person feeling singled out. If an entire group of

students support hand washing with soap and water, it is much easier to change other students' behaviors rather than one or two individuals telling people what to do.



WHAT CAN A HEALTH CLUB DO?

- Make sure there is soap and water at hand washing stations
- Make posters, write songs or create plays about healthy habits such as hand washing, water treatment, water conservation
- Raise money for soap through bake sales, performances and family donations
- Raise money for rainwater collection systems to conserve water
- Create school gardens with healthy food

TALK TO YOUR FRIENDS AND TEACHERS ABOUT CREATING A HEALTH CLUB!

START OVER

CHOOSE NEW STORY

WHO KEEPS WATER CLEAN?

Water always flows downhill. This means that water moves downstream, from the headwaters toward major water sources such as lakes, large rivers and oceans. What happens upstream can affect the environment downstream.

You live on a river and notice that the water flows from the city down through your neighborhood and past your house to your friend's house.



NEXT PAGE

You return home after school and your mother has just finished preparing dinner. She asks you to dump trash from dinner preparations in the trash can.

YOU CAN EITHER:



put the trash in the bin on the opposite side of the house.

OR

throw the trash into the river because it is easier and closer to you.

CHOOSE THIS OPTION

CHOOSE THIS OPTION

CONGRATULATIONS!

You prevented polluting the river and protected your friends downstream from you. The next day you and your friend play outside after school in a healthier water environment.

Plan activities in your community to help keep water sources clean in your community.

PLAN A RIVER
CLEAN-UP!



START OVER

CHOOSE NEW STORY

The next day your friend is not in school. Her mother says she is sick—probably from drinking unsafe water. You remember throwing trash in the river and hope your friend is not sick because of your actions.

You feel guilty about polluting the river and want to make up for your actions.

CLEAN THE WATER!



See what might have happened if you deposited the trash in the trash can.

THROW THE TRASH AWAY

TAKE ACTION!

Use this coloring page to help you set up activities to help keep the water clean in your community!

Bring trash bags and gloves and pick up trash along the water in one area of your city.

Make signs to "Keep the Water Clean" with your class and post them around town.

Talk to your class or school health club about doing a community water clean-up.

• Create a Shared Water Resources Poster to hang in your community to teach people about how their actions affect the environment and health of those downstream.

START OVER

CHOOSE NEW STORY

OTHER PUBLICATIONS



Healthy Water, Healthy Habits, Healthy People educators guide and student activity booklet (available in English, French, Spanish and Kiswahili)

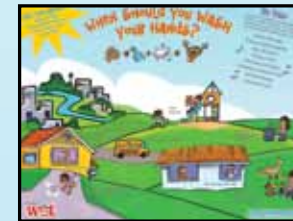
www.projectwet.org/WASH



Water and Sanitation in Cities

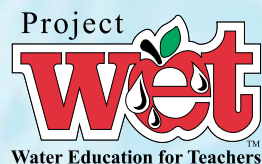


DiscoverWater.org



When Should You Wash Your Hands?

Available to download now at
www.projectwet.org/WASH



Project WET Foundation

Mission: To reach children, parents, educators and communities of the world with water education. We invite you to join us in educating children about the most precious resource on the planet – water.

www.projectwet.org

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