GLOBAL 6K FOR WATER
YOUTH EXPLORATION GUIDE
Dear teachers and parents,

Thank you for taking on World Vision’s Global 6K for Water with the young people in your life. This guide is meant to help you go deeper with your students or kids about the issues surrounding the need for clean water and how they can help.

This plan contains six basic lessons to help engage young people leading up to and after the Global 6K. You’ll find stories of children affected by the global water crisis, ideas for hands-on activities, videos to watch, and topics to research.

Start with this guide and find all of the additional resources mentioned (and more) at hub.worldvision6k.org.

Most of all, have fun!

Crystal O’Rourke
Race director
World Vision’s Global 6K for Water
Lesson #1

The need for clean water

Every day, more than 800 children under 5 die from diarrhea caused by contaminated water, poor sanitation, and unsafe hygiene practices. People in the developing world walk an average of 6 kilometers (about 3.7 miles) every day to get water. And the COVID-19 pandemic has reminded us all about the importance of handwashing for protection against diseases. It’d be hard to wash your hands if you didn’t have clean water, right? Yet that’s what millions of people around the world face.

Marie’s story

Marie lives in a small village in the Democratic Republic of the Congo called Tubuluku (the name means “antelopes”!) with her parents and five younger siblings. Because her mom is really sick, Marie had to take on the duties of caring for her siblings and their household—when she was only 14 years old.

Along with chores like cooking and cleaning, this means Marie has to take that daily walk for water, carrying a heavy bucket back and forth on her head to get the water she and her siblings need. Chores like this mean Marie can’t go to school.

Activity ideas

Order the Water Princess to read

How much do you use?

With the help of parents or guardians at home, record how many times you get or use water for an entire day. Consider:
- shower, toilet, handwashing
- drinking and cooking
- laundry, watering plants, etc.

Research + Present

Using the additional resources listed below (or others), research how kids and communities are affected by dirty water and share what you learn with family or friends.

Additional resources

- READ: United Nations water statistics
- READ: Carrying water can be a pain in the neck
- READ: What’s in the water will make you sick
Lesson #2

How clean water helps a community

When children have clean water, it can transform nearly every aspect of their lives, including health, nutrition, safety, and education. And with all of life’s essentials in place, kids have more power to brighten their future.

Ireen’s story

In Malawi, 9-year-old Ireen once had to walk for water many times a day, helping her mom care for her siblings and finish the household chores. She often had to miss school to get all the water the family needed.

But in August 2020, a team of drillers struck water in Ireen’s village. People celebrated and praised God!

“I was so happy, like I’ve never been in my life,” says Ireen. “My prayers have been answered. The water is very close now.” With clean water nearby, Ireen’s whole future is brighter.

Read Ireen’s “before-clean-water” story

Activity ideas

- Dear Water video
  Kenyan students recite a poem

- Research + Present
  Using the additional resources listed below (or others), research the aspects of life that are affected when a community has access to clean water and share what you learn with family or friends.

- Imagine ...
  What if you didn’t have access to clean water? Write down all the ways your life might be different if you had to walk several hours every day to get water that wasn’t even safe to drink. How would life change once you did get access to clean water?

Additional resources

- READ: Clean water makes Evelyn’s future bright
- READ: How access to safe water reduces poverty (Lifewater resource)
- WATCH: Village lifted out of poverty
Lesson #3

What World Vision is doing

World Vision is the leading nongovernmental provider of clean water in the developing world, reaching one new person every 10 seconds with clean water and one new person with handwashing promotion as well. We’re also reaching three more schools every day with clean water! And we’re committed to reaching everyone, everywhere we work with clean water and sanitation by 2030.

Esther’s story

Alongside a muddy pond in Rwanda lives a family with six daughters. They all agree: They hate the pond. It’s dirt-brown, bug-infested, and disgusting. “The water stinks because of the cow dung,” says 8-year-old Esther. It tastes bad, too. But the pond is the family’s only water source.

Esther and her sisters have to spend much of their time hauling water from the pond, and Esther in particular gets so sick from the dirty water.

Fortunately, Esther’s family lives in a country where World Vision has committed to provide clean water to everyone, everywhere we work. The great news? We reached that goal!

Find more of Esther’s story

Activity ideas

**STEM Project**
Research and build a model of a specific water solution, like the incredible water pipeline some students made!
Work individually or in groups and present your projects to family or friends.

**Brainstorm**
Brainstorm ways you could fundraise for clean water to have an even bigger impact. How can you work alongside your class, friends, siblings, or family to make these ideas come to life?

Additional resources

- **EXPLORE**: World Vision’s clean water approach
- **EXPLORE**: What you need to know about the global water crisis
- **READ**: How World Vision provides access to clean water around the world
Lesson #4

Clean hands

Through our water, sanitation, and hygiene (WASH) work, World Vision staff teach children around the world the importance of being thorough when washing their hands!

How to wash your hands

Do you know how to properly wash your hands? It’s more complex than you might think! Clean water goes hand in hand with hygiene and sanitation, and handwashing plays a big part in stopping the spread of disease. In areas where there is no running water, tip taps—also known as tippy taps—are clever contraptions that conserve water while keeping people healthy. They are simple to build with easy-to-find materials and a big first step toward understanding and practicing good hygiene.

Watch the video

Activity ideas

Make your own tippy-tap
A tippy tap is a common way to create a handwashing station in the developing world. Learn what it is, how to use it, and build one at home with help from a family member or friend.

Make a list
Help you and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs. Make a list of all the times you should wash your hands to stay safe!

Create a song
You should wash your hands for at least 20 seconds. That’s about how long it takes to sing the ABCs. Create your own fun, 20-second song to sing while washing your hands. Write down, decorate, and frame your lyrics to post in the bathroom.

Additional resources

• READ and WATCH: How to wash your hands
• WATCH: Handwashing song
Lesson #5

How far is 6K, anyway?

Six kilometers is about 3.7 miles, or 15 laps around a track. Globally, women and children spend a collective 200 million hours collecting water each day, often making many trips back and forth from their home to a water source. That’s why the event is a 6K. The idea is that we’re experiencing just a hint of their struggle—and that every step we take is one they won’t have to.

Cheru’s story and Kamama’s story

In 2017, Cheru was five years old and living in Kenya. She walked 6 kilometers every day to get water that made her sick. Because she was so little, all she could carry was a tea kettle, and her three-hour walk caused her to miss school.

Kamama was also five years old and living in Kenya. But thanks to World Vision’s partnership with donors and local leaders, Kamama could easily get clean water near her home. So many more kids like her could go to school, and fewer kids get sick.

We’re delighted to share that Cheru now has access to clean water too. But her story from 2017 represents many other children who are still in need of clean water.

Activity ideas

Ask for donations
Every $50 equips one kid like Cheru with lasting access to clean water. Be brave: Call, email, or text a friend or family member and ask them to donate to your 6K event. If you haven’t yet, set up a fundraising page with your family (or on your own!) so people can donate.

Invite your friends
For every friend or family member who does the Global 6K with you, one more kid around the world will receive clean water. Dream up a big goal. Is it 5 kids with clean water? 20? Then make a list of people, tell them Cheru’s story, and ask them to join your 6K!

Prepare for your 6K!
Make encouraging signs, find all your orange flair, and reach out to friends or family members one last time to ask for donations to your fundraising page! What other ideas do you have to make your Global 6K special and impactful?

Additional resources

• WATCH AND READ: Compare Cheru and Kamama’s walks for water
Lesson #6

Your 6K experience

Celebrate how many children will receive clean water as a result of your Global 6K for Water. Take some time after the event to think about your own experience walking or running 6 kilometers.

Your stories

Everyone will have a story. Did you lift a jerry can to see how heavy it was? Did you struggle to finish the 6K? Did you go above and beyond to raise money for clean water?

No matter what your involvement was, tell others your stories to remember the experience and get excited to keep changing the world. If you have social media, share those thoughts using the hashtag #6KforWater, or have your parents post on your behalf.

Activity ideas

<table>
<thead>
<tr>
<th>Share your thoughts</th>
<th>Let’s see the impact</th>
<th>Celebrate!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Write a reflection about your experience walking or running the 6K, or about what you’ve learned in the weeks leading up to the 6K event. Share those thoughts using the hashtag #6KforWater, or have your parents post on your behalf.</td>
<td>Make a visual to hang up that shows how many people will now have clean water as a result of your 6K. (Hint: Calculate this by dividing your total fundraising result by 50, since every $50 means another person gets access to clean water.)</td>
<td>Do something special to celebrate your impact around the world. Did you invite friends, do additional fundraising, or come up with other creative ways to have an even bigger impact? Celebrate it!</td>
</tr>
</tbody>
</table>

Thank you, parents!

We’re so thankful you’ve led your family, students, or other young people through these six weeks. We hope it will motivate and empower them to be world-changers, not just this year, but for a lifetime.
World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. Motivated by our faith in Jesus Christ, we serve alongside the poor and oppressed as a demonstration of God’s unconditional love for all people.

TWV16599_0321 © 2021 World Vision, Inc.