



HEALTHY BLADDER AND BOWEL HABITS IN SCHOOLS

Toilet Tactics Kit

This kit has been designed for Australian primary schools to raise awareness of healthy bladder and bowel habits



National Continenence Helpline 1800 33 00 66

www.continenence.org.au

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This resource is intended as a general introduction only and is no substitute for professional assessment and care.

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Toilet Tactics



Dear Principal,

The aim of Toilet Tactics is to raise awareness of healthy bladder and bowel habits in schools and to improve the standard of school toilets across Australia. This kit provides useful information that teachers can incorporate into classroom activities for health education.

Take up the challenge!

- Incontinence can have a negative impact on a child's self-esteem.⁵
- It is now time for Australian schools to take up the challenge to improve their school toilets or maintain the high standard of their existing toileting facilities.
- Toilet Tactics has the potential to improve the bladder and bowel health of your students and provides them with a unique learning opportunity.
- The Toilet Tactics Kit provides a guide for improving or maintaining school toilets and can be modified to suit your individual school needs.
- Toilet Tactics is a project that student school councils or a group of students can lead, to help make a difference to their school community.
- The students will need the support of a teacher or staff member and may also need to consult with the school principal and school council.
- Involving students also means that school management will be in a better position to take students' concerns seriously and deal with these as they arise.
- Your school toilets can be improved just by implementing a few basic steps and it need not cost money.
- Before commencing Toilet Tactics we advise you to seek support from your school community.
- We encourage you to take up the challenge!

Yours sincerely

Associate Professor Michael Murray
President, Continence Foundation of Australia

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Let's get started!

How to use this kit

Here are some simple steps to help get you started.

- STEP 1: Identify a teacher or staff member from your school to champion this program. This could be the teacher who is head of student school council or student welfare.
- STEP 2: Identify a group of students to help lead the project. This could be the student school council or a group of students who want to help improve their school. It could form part of a health promotion program for students.
- STEP 3: Let your whole school community know about the Toilet Tactics program. This could be done through regular updates in your school newsletter and announcements at school assemblies. We recommend using the sample newsletter article on page 27 as a starting point and you can provide information to your staff using the information in the teachers' section. You can then choose sections from the kit that you feel are relevant to your school.
- STEP 4: Check your school toilets using the School Toilet Checklist on pages 7–8. This will help you decide if your school toilets require any improvements. The School Toilet Checklist should be ticked off at least once a term to make sure your school stays on track and meets your school toilet charter obligations.
- STEP 5: We recommend that you ask your students to complete the student survey (page 9). This will give you a sense of what the students think about the school toilets.
- STEP 6: With the results of the School Toilet Checklist and the student survey, identify any areas of your school toilets that need improving. See our “Tips on how to improve and maintain toilet standards” (page 6).
- STEP 7: Develop your School Toilet Charter (page 10). A sample charter has been provided to get you started (page 11).

For ideas as to how to run your Toilet Tactics campaign see page 28.

Tips on how to improve and maintain toilet standards

How to improve and maintain toilet standards – encouraging healthy bladder and bowel habits

Involve the whole school community

- Involve the whole school, including parents/guardians, in developing and introducing a school toilet management and access policy.
- Involve the school cleaners as they understand what needs to be done to help keep the school toilets clean.
- Introduce a toilet comments/complaints procedure for students and deal promptly with any issues identified.
- Have the school community complete the survey included in this kit to find out what they really think about their school toilets.
- Ensure parents/guardians are informed about the program. This could be done via your school newsletter.

Educate students

- Educate students; ideally start when they are young. Provide opportunities to focus on behaviour in toilets such as respecting privacy, leaving the toilets clean and tidy and not hanging around in them.
- Work with the students on improvements, behaviour and respect. Take a leap of faith and encourage a whole school policy on unrestricted toilet visits.

Keep toilets clean and well maintained

- Toilets that are clean, odour free and well maintained with working fixtures, fittings and supplies are essential to ensure school toilets are valued and looked after.
- It's important for schools to keep on top of maintenance. People tend to drop less litter in clean places. Make budget allocation a priority for toilet maintenance, cleaning and repairs.
- Cleanliness and supplies should be checked regularly throughout the day and checks could be recorded.

Encourage good toilet habits

- Recognise that toileting needs are highly individual and do not conform to school timetables.
- Restricting toilet access can have a negative impact on childrens' bladder and bowel health. Consistent "holding on" behaviour can lead to constipation and incomplete bladder and bowel emptying.

For toilet checklists and further information on good toilet design, hygiene and infection control go to www.bog-standard.org.uk

Adapted from the *Bog Standard – Toilet Checklists for Schools*

School Toilet Checklist

What is a school toilet checklist?

- The School Toilet Checklist will help you to identify areas that you may need to work on to improve the standard of your school toilets.
- The checklist can be used to review your school toilets at least once a term to make sure you are meeting the standards set out in your School Toilet Charter (pages 10–11).
- Students should be allowed to go to the toilet when they need to go to promote healthy bladder and bowel habits.
 - Students are not to exploit this right and should ideally go to the toilet during their breaks, though this is not always possible.
 - If a student is asking to go to the toilet excessively during class time, this should be discussed by the teacher with the parent/guardian. The student may need to see a health professional to identify if there is an underlying medical condition.
- The toilet area should be free of bullying so all students feel comfortable and safe to use the toilets when they need to.
- There should be sufficient clean, working toilets for all boys and girls, with doors that lock.
- If a toilet is not working it should be a priority for the school to get it in working order as soon as possible.
- It is important that the wash basins have water, soap dispensers and hand drying facilities to encourage good hand washing practices for all students. This is important to help maintain student and teacher health by helping to prevent the spread of infection in the classroom.

At the bottom of the checklist there are blank boxes for you to add individual checks you believe are important for your school.

School Toilet Checklist



Does your school ...	YES	No
Allow students to use the toilets whenever they need to, including during lessons?		
Provide suitable toilets for students with special needs, which they can access and use?		
Ensure toilets are private and have working locks on all toilet doors?		
Clean the toilets regularly?		
Maintain the toilets in good working order? (not broken)		
Provide absorbent toilet paper in all toilets?		
Provide water, soap dispensers and hand drying facilities?		
Provide enough bins in the female toilets to discretely dispose of sanitary pads and incontinence products?		
Provide enough bins in the male toilets to discretely dispose of incontinence products?		
Work with students to prevent them from hanging around the toilets?		

Toilet Tactics Student Survey

Find out what students think about the school toilets

- The student survey can be completed at home with parents/guardians, or at school with the teacher or buddy.
- If you decide to send the survey home, you may wish to ask parents/guardians to help their child fill in the survey. By doing this it will help parents become aware of the Toilet Tactics program. It may also help parents to become more aware of their child's toileting habits at school and provide an opportunity for them to discuss bladder and bowel health with their child.
- The very first time you use the kit it may be worth giving all students the opportunity to tell you what they think about the school toilets.
- It is recommended that you survey the whole school or a group of randomly selected students at least once a year to help keep you on track.
- The Continence Foundation of Australia has provided a Toilet Tactics Student Survey Consent Form template should schools choose to gain the consent of parents/guardians in line with individual school policy for their children to complete the student survey.
- It is hoped that the survey results will assist the school to identify issues that the school community can work on as a group to improve the school toilets.

In the Appendix (green section) you will find:

- the student survey (pages 29–30)
- a tool for collating the student survey results (pages 31–33)
- a student survey consent form template (page 34)
- an automated Excel spread sheet to assist with analysis of survey results (available on the enclosed CD)

What is a School Toilet Charter?

The School Toilet Charter is a formal statement that outlines the expected standard of your school toilets and promotes healthy bladder and bowel habits.

- On the following page is an example of a School Toilet Charter, which you can use, or you can write your own.
- The basis of a School Toilet Charter is respect for each other and school property.
- A School Toilet Charter also demonstrates that your school community takes bladder and bowel health seriously and values the importance of your school toilets.

School Toilet Charter

At our school...

- We are allowed to use the toilet whenever we need to
- We have enough toilets for girls and boys
- We have toilets that are private and have doors that lock
- We have suitable toilets for students with special needs
- We have water, soap dispensers and hand drying facilities
- We have enough absorbent toilet paper in all toilets
- We don't have bullying in our toilets
- We leave the toilet clean after use
- We have a policy to keep school toilets clean and in good condition
- We look after our toilets by cleaning them regularly and they do not smell
- We have students involved in managing and improving the toilets
- We take all complaints about toilets seriously and act on them as soon as possible
- We are all responsible to help look after the school toilets and we report any problems to:



Principal

For Students

The student section can be integrated into classroom learning. Understanding good bladder and bowel habits is important for overall health and wellbeing.



Healthy Habits

Look after your insides by following these easy tips when it comes to your wees and poos.

Try to eat 2 serves of fruit and 5 serves of vegetables a day



Drink water with your meals and when you are thirsty



Exercise every day



Wee and poo when you feel like you need to go, even when you are at school



How to sit on the toilet:

- Girls should always sit properly on the toilet
- Boys can stand or sit to do a wee



Always flush the toilet and leave the toilet clean when you have finished

Make sure you fully empty your wee and poo

Do not push, squeeze or strain when you wee, and you should only push a little bit for a poo



Always wash your hands after going to the toilet

How does my bladder (wee) work?



Your bladder acts like a water tank and stores the wee



When it is time to go to the toilet your bladder tells your brain

When you are ready to go to the toilet the bladder squeezes, the gate (sphincter) opens, and the wee comes out by itself



How do I look after my bladder?

- When you feel you need to do a wee you should STOP what you are doing and go to the toilet.
- Don't hold on until you are busting.
- Don't hurry or push to make your wee come out, just wait and relax until it is ready.

Tell a grown-up you know if...

- It hurts or burns to do a wee. It can be helped and will get better.
- Your wee sneaks out when you don't want it to.

What else can I do to look after my bladder?

- Drink water with your meals and when you are thirsty.
- Your diet should include fresh fruit and vegetables every day.

Remember: don't make fun of people who have trouble with their bladder. Be kind and help them to tell a grown-up they know - so they can get better.

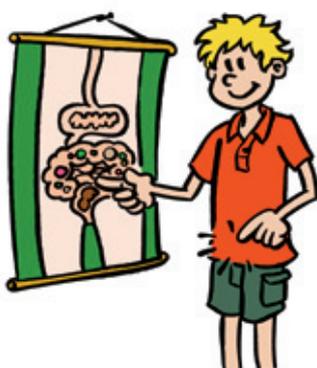
This information is also available as a hard copy brochure from www.continence.org.au or phone the **National Continence Helpline** on **1800 33 00 66**.

How does my bowel (poo) work?



Your body uses food to grow big and strong and what is not needed comes out as poo

Your bowel makes poo (faeces)



When it is time to do a poo, your bowel tells your brain



When you are sitting on the toilet, the poo comes out by itself



How should I go to the toilet?

- When your bowel tells your brain to go to the toilet STOP what you are doing and go. Don't hold on too long.
- If you need to do a poo, sit on the toilet.
- When you think you have finished, wait a little longer and see if you can do some more.
- Always wipe your bottom from the front to the back, and wipe until all the poo is gone.

Tell a grown-up you know if...

- It hurts to do a poo, or if it is hard, and you have to push a lot to get it out. It can be helped and will get better.
- You feel some poo stuck inside
- Your bottom is sore
- You find poo in your undies
- Your poo is always runny
- You feel you have to rush to the toilet often

What else can I do to look after my bowel?

- Drink water with your meals and when you are thirsty.
- Your diet should include fresh fruit and vegetables everyday.

Remember: don't make fun of people who have trouble with their bowel. Be kind and help them to tell a grown-up they know - so they can get better.

This information is also available as a hard copy brochure from www.continence.org.au or phone the **National Continence Helpline** on **1800 33 00 66**.

How to sit on the toilet correctly

- Elbows or hands on knees
- Straight back
- Lean forward (bend from the hips)
- Feet well supported
- Some children benefit from using a footstool
- Don't rush



Spot the difference

What differences can you spot between these two pictures? Tip: there are ten differences.
You can also colour in these pictures.



1. extra spikey hair
2. single flush button
3. logo on toilet
4. toilet seat is up
5. cheeky grin
6. watch
7. pocket
8. toilet roll on ground
9. missing undies
10. missing footstool/feet dangling

Answers:

Healthy bladders and bowels wordsearch

Tip: words may be diagonal, back to front, across or down

Word list

bladder	drink	poo	toilet paper
bowel	everyday	relax	urine
brain	fibre	sit	vegetables
busting	finish	soap	wash hands
clean	fruit	stores	water
clear	healthy	stuck	wipe
constipation	kidneys	thirsty	
diet	meal	toilet	



A	T	J	S	T	U	C	K	L	E	V	U	R	I	N	E
X	O	R	B	U	S	T	I	N	G	Z	C	E	K	O	V
Q	I	P	L	D	R	A	E	L	C	Y	O	L	I	S	E
U	L	C	A	T	N	M	I	O	F	W	N	A	J	P	R
S	E	E	D	R	I	N	K	H	S	I	S	X	L	G	Y
E	T	R	D	U	V	A	F	L	Y	P	T	K	A	C	D
L	P	I	E	W	A	T	E	R	F	E	I	S	Z	L	A
B	A	N	R	A	J	O	A	S	U	D	P	O	O	E	Y
A	P	W	V	S	T	A	R	G	C	I	A	K	E	A	X
T	E	D	T	H	I	R	S	T	Y	Y	T	A	J	N	P
E	R	I	K	H	B	B	O	W	E	L	I	Y	I	A	S
G	T	E	S	A	E	R	V	Y	S	T	O	R	E	S	Z
E	Q	T	O	N	N	A	E	L	P	K	N	D	C	F	I
V	F	A	K	D	F	I	B	R	E	P	W	L	A	E	M
E	D	O	A	S	V	N	L	E	P	K	I	U	O	S	A
F	I	N	I	S	H	X	H	E	A	L	T	H	Y	I	F
K	I	D	N	E	Y	S	D	N	T	O	I	L	E	T	M

See page 38

Answers:

Healthy bladders and bowels Crossword

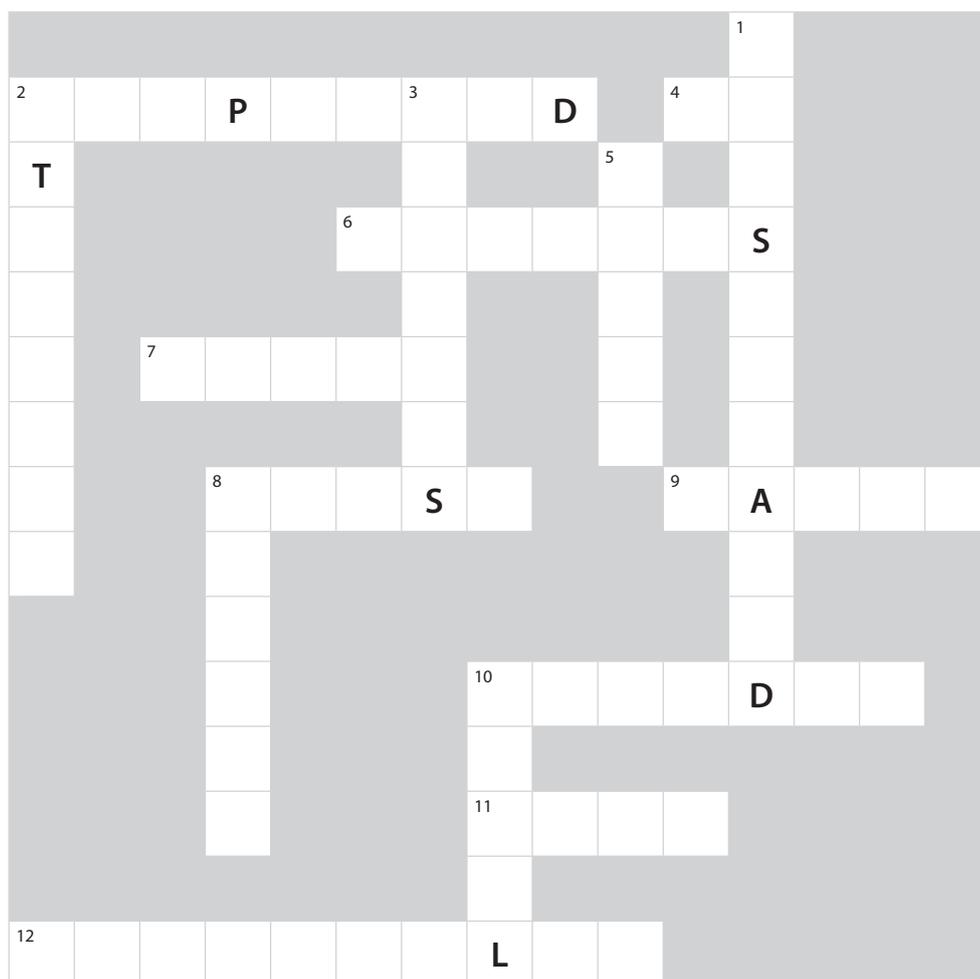
Tip: most answers can be found on pages 14–15

Down

1. If your poo is hard you may be _____
2. It is important that _____ help look after the school toilets and report any problems
3. Students should not hang around the _____
5. You should _____ when you go to the toilet
8. Another name for poo
10. Poo travels through this tube in your body

Across

2. It is good to sit on the toilet with your feet well _____
4. It is important to ___ to the toilet when you need to
6. Where your wee (urine) is made
7. Another name for wee
8. You should always _____ the toilet
9. We should all drink this every day
10. Wee is stored here
11. We must all _____ our hands after going to the toilet
12. It is important to eat fruit and _____ every day



Answers:

Down

1. constipated
2. students
3. toilets
5. relax
8. faeces
10. bowel

Across

2. supported
4. go
6. kidneys
7. urine
8. flush
9. water
10. bladder
11. wash
12. vegetables

For Teachers

Teachers may also want to refer to the student section as it contains resources that teachers can integrate into health education activities.

Understanding the impact poor bladder and bowel habits have on students

Did you know?

- Incontinence can have a negative impact on a child's self-esteem.⁵
- Children who soil are significantly more likely to report being victims or perpetrators of overt bullying behaviour.⁹
- Many children influenced by negative perceptions of school toilets have adopted unhealthy toilet habits during school time.¹⁴
- If a child is not allowed to go to the toilet when they have the urge they could potentially wet or soil their pants.
- The psychological impact of wetting or soiling on a child can often be underestimated and many health professionals who see children for bladder and bowel issues know that school toilets can have a negative impact on a child's bladder and bowel health.
- Adequate toileting facilities and good hand washing practices can help to reduce the outbreaks of infectious diseases (gastroenteritis, colds and influenza).

Why is it when you ask a child to wait for a break to use the toilet, when they return from the break they suddenly need to go to the toilet again?

- When the bladder is filling up with urine, a person gets a desire to void, which they can consciously suppress.
- If a child suppresses the urge to void because he/she is not allowed to go to the toilet, they may forget that they needed to go until they next get the urge, which may be when they return to the classroom. This time the urge to void becomes stronger, may even be painful and it becomes more difficult to hold on.

- If a child is not allowed to go to the toilet when they need to, they may end up wetting their pants. This can be embarrassing and humiliating for the child.

Did you know that restricting fluids can have a negative impact on a child's overall health and wellbeing?

- A child's cognitive performance has been shown to improve by having a drink of water.⁷
- Research has shown that free access to water in the classroom is not associated with children needing to visit the toilet more frequently during class time and it also decreases flavoured drink consumption.¹²
- If a child restricts their fluid intake at school, they may then drink an excessive amount when they get home from school, which has the potential to lead to night-time wetting.
- Allowing children to drink water throughout the day is not only beneficial for their overall health and wellbeing, but can also promote healthy bladder and bowel habits for life.

Why is it important to let children go to the toilet if they need to?

- It is important to remember that the kidneys are always making urine, so the bladder is always filling up. We can only suppress the urge to void for a certain amount of time until the urine has to come out – whether we are on the toilet or not.
- If children ignore the urge to defecate, or are not allowed to leave the classroom to go, this may lead to constipation and faecal soiling.
- By ignoring the need to go to the toilet, the faeces stays in the bowel for a longer period and more water is absorbed from the faeces, making it harder and drier, and more difficult to pass. This leads to constipation.
- If a child becomes severely constipated the bowel can over distend (stretch) and liquid faeces can escape around the hard faeces, resulting in faecal soiling. This can happen without the child being aware of it. Often the child will not be able to smell themselves.
- A child with faecal soiling or day-time wetting needs to be referred to a health professional as it is a medical condition.

What can cause a child to have bladder or bowel problems?

- There are a range of medical conditions that can lead a child to having bladder and bowel problems, such as diabetes, spina bifida, coeliac disease and Crohn's disease, just to name a few.

For more information about bladder and bowel health phone the

**National Continence Helpline
on 1800 33 00 66**

For other health conditions refer to the Better Health Channel

www.betterhealthchannel.vic.gov.au

Key messages for teachers

1. Students should be allowed to go to the toilet when they need to go. This will help instil healthy bladder and bowel habits for life.
2. If a student is asking to go to the toilet excessively during class time, the teacher needs to discuss this with the parent or guardian who may choose to involve a health professional to determine the cause. If it is a medical reason, it is advisable that a health care plan be developed.
3. Students need access to clean toilets that are adequately equipped with absorbent toilet paper, soap dispensers, water, hand drying facilities and working locks – this can have a positive impact on students and encourage positive toileting habits.
4. Students have a right to privacy and toilets that are free from bullying.
5. Students with bladder or bowel issues require quick and easy access to a toilet, and should be provided the privacy, supplies (in the case of an accident) and support they require.
6. By understanding and supporting the needs of children with bladder or bowel issues, you can help to improve their self-esteem and help to prevent further health problems.
7. It is important to remember that students with bladder and/or bowel issues are not being naughty or disruptive in the classroom or at school on purpose. Faecal soiling and urinary incontinence are involuntary and distressing events, that need to be managed and treated by a health professional. These children need to be supported when they are at school.
8. It is important that students feel safe and comfortable to use school toilets, which is why Toilet Tactics is so important. Would you be happy to use your students' toilets?
9. For information about children with special needs refer to *One Step at a Time*, which is available at www.continencevictoria.org.au
10. For more information on Toilet Tactics, basic continence care plans (see page 35) and bladder and bowel health, go to www.continence.org.au or phone the

National Continence Helpline on 1800 33 00 66

and speak to an experienced continence advisor Monday–Friday, 8am–8pm AEST. Free brochures are also available.

Toilet Tactics

For Parents / Guardians

Your school has decided to take up
the Toilet Tactics challenge.

For a full range of brochures for children go to www.continence.org.au
or phone the National Continence Helpline (freecall™) on 1800 33 00 66



What is Toilet Tactics and why does your school need it?

Why do Toilet Tactics?

- Toilet Tactics will help raise awareness and understanding of childhood bladder and bowel health among parents, teachers and children. It will also help to improve or maintain the standard of school toilets across Australia.
- With better understanding it is also hoped that children will adopt healthier bladder and bowel habits for life. This is built on the premise that many lifelong attitudes, behaviours and beliefs begin in childhood.
- Adequate toileting facilities also help to reduce outbreaks of infectious diseases (gastroenteritis, colds and influenza) by promoting good hand washing habits.
- Evidence shows that school toilets can have a negative impact on a child's physical and psychological health, which is why Toilet Tactics is so important.
- If children are aware of the Toilet Tactics program and are involved, it is anticipated that they will look after their school toilets and respect the School Toilet Charter.

How will it work?

- It is anticipated that Toilet Tactics is a program that a group of students, such as the student school council, could lead with the support of a leading teacher.
- It is also important that if students identify any concerns about the school toilets that school management take them seriously and help to resolve the concerns identified.
- It is important to realise that Toilet Tactics need not cost money.
- As part of Toilet Tactics your school may decide to send a student survey home or complete it in class time to help identify any issues associated with the school toilets. If it is sent home, we hope you will be able to assist your child to fill in this survey and return it to school by the set date. The survey will also give you an opportunity to talk to your child about their bladder and bowel health.
- Your school may consider developing a school toilet charter. The School Toilet Charter is a formal statement that outlines the expected standard of your school toilets and promotes healthy bladder and bowel habits.

What can I do if my child has a bladder or bowel issue at school?

You should discuss your child's condition with your child's teacher and/or school principal so your child is well supported at school. If your child has a bladder or bowel issue at school it is important to see a health professional and have a health care plan developed if necessary.

For more information on Toilet Tactics, health care plans and bladder and bowel health, go to www.continence.org.au or phone the

National Continence Helpline on 1800 33 00 66.

There are a range of free brochures available to download and/or order that can assist you in talking to your child about this important health topic. The National Continence Helpline is a free confidential service that operates Monday–Friday, 8am–8pm AEST and is staffed by experienced continence advisors.

Toilet Tactics

Appendix

What is Toilet Tactics?

Our school has decided to take up the Toilet Tactics challenge.

Toilet Tactics is an exciting national initiative to raise awareness of bladder and bowel health and to improve or maintain the standard of school toilets in Australian primary schools.

Toilet Tactics has been designed to also help schools with great toilets keep them that way.

- By taking up the challenge we will be writing a school toilet charter that outlines the expected standard of our school toilets and will help promote healthy bladder and bowel habits among our students.
- Your child may be asked to fill in a survey about the school toilets, which you may be able to help them with. This will help us find out what our students think about the toilets and identify if anything needs improving.
- Toilet Tactics is being led by a group of students and Ms/Mr _____ is the leading teacher, who you can contact if you have any questions. For full access and information about the Toilet Tactics Kit go to www.continence.org.au

Toilet Tactics is supported by the Australian Government Department of Health and Ageing under the National Continence Program.

Toilet tips

Did you know there is a correct way to sit on the toilet? (see picture below)

- Elbows or hands on knees
- Straight back
- Lean forward (bend from the hips)
- Feet well supported
- Some children benefit from using a footstool
- Don't rush

Go to the toilet when you feel the urge.

You should only sit on the toilet for a maximum of five minutes.



For any continence issues go to www.continence.org.au or phone the

National Continence Helpline on 1800 33 00 66

Monday–Friday, 8am–8pm AEST and speak to a continence advisor for free confidential advice, referral and printed information.

How to run your Toilet Tactics campaign

Here is an example of how you could run your Toilet Tactics campaign over an eight week period using the information provided in the kit.

All pages of the kit can be downloaded from the enclosed CD – so they can be easily added to your school newsletter.

- Week 1:** Provide information to parents/guardians about Toilet Tactics via an article in the school newsletter (see the sample newsletter article on page 27).
Provide information to the teachers at a staff meeting (pages 20–23).
- Week 2:** Ask students to complete the survey (pages 29–30). This could be sent home as an attachment with the school newsletter or as a classroom activity (page 9). You could set up a drop box in a communal area for students to return the survey.
- Week 3:** Place the "Healthy Habits" poster (page 13) in the school newsletter and in the school toilets. Teachers could also incorporate this section into health education (see pages 12–19 for activity ideas).
- Week 4:** Place the crossword, wordsearch or spot the difference in the school newsletter.
- Week 6:** Provide results of the student survey to the school community.
- Week 8:** Commence development of your school toilet charter and consider placing this in the newsletter and displaying it in your school (refer to page 11).

Toilet Tactics student survey

Information for teachers

All information on this form is anonymous. Students may need assistance to fill out the survey. See page 9 for ideas. They should discuss the survey with their parent/guardian.

1. Are you (please tick):

a girl

a boy

2. How old are you? _____

3. Do your school toilets have (please tick):

	Yes	No	Sometimes
Toilet paper			
Doors that lock			
Toilets that flush			
Taps that work properly			
Toilet seats			
Soap dispensers			
Paper towel or hand dryers			
Bins			
Privacy			

4. Are your school toilets:

	Yes	No	Sometimes
Dirty			
Smelly			
Clean			
Locked at certain times of the day			

Survey continues...

Please tick your answers below:

	Yes	No	Sometimes
5. Are you allowed to go to the toilet during class time?			
6. Are you scared to ask to go to the toilet during class time?			
7. Do you leave the toilet clean after you use it?			
8. Have you ever avoided drinking at school so you don't have to use the toilet?			
9. Have you ever been scared to use the school toilets?			

If you answered "Yes" to question 9 above please explain why:

10. Is there anything else you would like to say that could make your school toilets better?

Collating student survey results

- A teacher will need to support the student group to collect and understand the survey results so that areas that need improving can be clearly identified and a plan of action can be developed.
- You need to add up how many students completed the survey and how many students ticked each box or how they rated each question on the form below.
- The survey results should help to identify areas that students think need improving and you will now have a good understanding of what the students think about the toilets in your school.
- An automated Excel spread sheet is available on the enclosed CD to assist with analysis of survey results.

1. Number of students who answered the survey:

	Total
Total number of girls	
Total number of boys	
Total number of students	

2. Age of students who answered the survey:

Age	Total
4–6 years old	
7–8 years old	
8–10 years old	
11+ years old	

3. Do your school toilets have:

	Yes: Total	No: Total	Sometimes: Total
Toilet paper			
Doors that lock			
Toilets that flush			
Taps that work properly			
Toilet seats			
Soap dispensers			
Paper towel or hand dryers			
Bins			
Privacy			

What do the results from question 3 mean?

- If most students answered "Yes" to these questions, that's fantastic and you're doing a great job!
- If there are a lot of "No" answers in any section, this is an area you need to work on. You will need to think about what the problem is and how it could be fixed.
- For example, if all the doors do not lock this may be something that could be fixed at the next working bee, or if there isn't enough toilet paper there may need to be a person responsible to replace the empty rolls.
- Once you have come up with solutions to the problems, you need to talk to your supporting teacher and he/she will be able to help you decide the best way to approach the problem. This may mean you need to choose a representative to meet with your school principal and even school council so the problems you have found can be fixed.

4. Are your school toilets:

	Yes: Total	No: Total	Sometimes: Total
Dirty			
Smelly			
Clean			
Locked at certain times of the day			

What do the results from question 4 mean?

- If the toilets are dirty, smelly or locked at certain times of the day, this needs to be discussed to work out why and how the problem can be solved.
- For example, if the toilets are dirty, do they need to be cleaned more often, or is it because students are not respecting each other and not flushing toilets properly or are not leaving toilets clean?
- If your toilets are clean and never locked during school time, that's fantastic and you're doing a great job!

Questions 5–9

	Yes: Total	No: Total	Sometimes: Total
5. Are you allowed to go to the toilet during class time?			
6. Are you scared to ask to go to the toilet?			
7. Do you leave the toilet clean after you use it?			
8. Have you ever avoided drinking at school so you don't have to use the toilet?			
9. Have you ever been scared to use the school toilets?			

What do the results for questions 5–9 mean?

- If students are not allowed to go to the toilet when they need to go, if they feel scared to ask for permission or are avoiding using the toilet while at school, these are important issues that can be solved by talking to your supporting teacher and the principal.
- If students answer "No" to question 7, then students may need to be encouraged to flush the toilet properly or wipe the toilet seat after use. Girls should be encouraged to sit on the toilet properly because it helps the bladder to empty fully and stops the seat from getting wet. You could put stickers or dots for boys to aim at in the urinals.
- If students state that they avoid drinking at school it identifies the need to educate them about drinking more water at school.
- List all comments to question 9 to identify why students are scared to use the school toilets. This will help you to work out ways to make your toilets less scary.

Toilet Tactics student survey consent form template

Toilet Tactics is a national campaign that aims to raise awareness of healthy bladder and bowel habits among school communities and maintain or help improve the standard of school toilets across Australia.

Toilet Tactics has been developed and is managed by the Continence Foundation of Australia and is supported by the Australian Government Department of Health and Ageing under the National Continence Program.

As part of Toilet Tactics, your school has decided to conduct an anonymous student survey to help identify any issues associated with the school toilets. De-identified survey data may be provided to the Continence Foundation of Australia as part of the evaluation of Toilet Tactics if your school provides permission.

For more information and to view the Toilet Tactics Kit (including the survey) go to www.continence.org.au

I am willing for my child to become involved in the student survey, as described above.

NAME OF CHILD

NAME OF PARENT/GUARDIAN

SIGNATURE OF PARENT/GUARDIAN

DATE

/ /



Continenence Care Plan

To support children within the education system



National Continenence Helpline 1800 33 00 66

www.continenence.org.au

This form is not intended for children who have complex continence issues, require urinary catheterisation or have a colostomy, or to replace state/territory education department care plans.

NAME OF STUDENT _____ DOB _____

CLASS/HOME GROUP _____ DATE OF NEXT REVIEW _____

NEXT OF KIN _____ RELATIONSHIP TO STUDENT _____

PHONE _____ MOBILE _____

* Children with bladder and/or bowel control issues need support and understanding. They have a medical condition that causes them to wet and/or soil their pants. It is important for teachers and carers to understand that children are not being naughty or seeking attention.

Continenence issue: (tick appropriate boxes)

- Urinary incontinence
- Faecal incontinence/faecal soiling
- Needs to be allowed to use the toilet when he/she asks
- Needs to be prompted to go the toilet every _____
- Needs to be able to use the toilet closest to his/her classroom
- Needs to be able to have easy access to their bag to assist with clean up after incontinent episode
- May require assistance to help with clean up
- Will ask/be given assistance from _____
(This person to be nominated by school in consultation with parent or guardian)
- Other _____

(NAME) _____ will supply the necessary equipment to assist with clean ups including wipes, gloves, a snap lock plastic bag for wet or soiled clothes and have a change of clothes available at school.

* If the student appears to be using the toilet excessively during classroom time please contact his/her parent or guardian so issues can be discussed with their supporting health professional.

PARENT/GUARDIAN NAME _____ SIGNATURE _____ DATE _____

TEACHER/PRINCIPAL NAME _____ SIGNATURE _____ DATE _____

HEALTH PROFESSIONAL NAME _____ SIGNATURE _____ DATE _____

STUDENT NAME _____ SIGNATURE _____ DATE _____

Find out more

■ Contenance Foundation of Australia

The Contenance Foundation of Australia is the national peak body promoting bladder and bowel health. The Contenance Foundation provides free resources, information and education about bladder and bowel health and runs national awareness raising campaigns such as World Contenance Week.

For further information about the Contenance Foundation go to www.contenance.org.au

For information about challenging behaviour or if your child has a special need, refer to *One Step at a Time* which is available at www.contenancevictoria.org.au

■ National Contenance Helpline (freecall™) 1800 33 00 66

The National Contenance Helpline is a free telephone advisory service that provides information and advice about bladder and bowel control problems for all ages. The Helpline is staffed by a team of continence advisors and provides free information resources and details of local continence services. The Helpline operates Monday to Friday, from 8am to 8pm AEST and can be accessed from anywhere in Australia.

■ Bladder & Bowel Website

For information and advice on the prevention and management of bladder control and bowel problems go to www.bladderbowel.gov.au

■ National Public Toilet Map

The National Public Toilet Map shows the location of more than 16,000 public and private toilet facilities across Australia. This is a useful tool for people with incontinence and convenient for people with young families.

To find your local public toilets go to www.toiletmap.gov.au

■ Education and Resources for Improving Childhood Continence (ERIC)

ERIC is a national children's health charity based in the United Kingdom. ERIC deals with bedwetting, daytime wetting, constipation and soiling and potty training and provides a wide range of information, support and resources to families and health professionals. The Bog Standard is a key initiative of ERIC, which aims to promote better toilets for students. The Bog Standard has laid the foundation for much of the work outlined in this kit.

For further information about ERIC go to www.eric.org.uk

For further information about The Bog Standard go to www.bog-standard.org

■ PromoCon: Promoting continence and product awareness (UK)

For information on childhood continence issues including promoting continence in schools and publications which can be downloaded, go to www.disabledliving.co.uk/PromoCon

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Wordsearch answers

A	T	J	S	T	U	C	K	L	E	V	U	R	I	N	E
X	O	R	B	U	S	T	I	N	G	Z	C	E	K	O	V
Q	I	P	L	D	R	A	E	L	C	Y	O	L	I	S	E
U	L	C	A	T	N	M	I	O	F	W	N	A	J	P	R
S	E	E	D	R	I	N	K	H	S	I	S	X	L	G	Y
E	T	R	D	U	V	A	F	L	Y	P	T	K	A	C	D
L	P	I	E	W	A	T	E	R	F	E	I	S	Z	L	A
B	A	N	R	A	J	O	A	S	U	D	P	O	O	E	Y
A	P	W	V	S	T	A	R	G	C	I	A	K	E	A	X
T	E	D	T	H	I	R	S	T	Y	Y	T	A	J	N	P
E	R	I	K	H	B	B	O	W	E	L	I	Y	I	A	S
G	T	E	S	A	E	R	V	Y	S	T	O	R	E	S	Z
E	Q	T	O	N	N	A	E	L	P	K	N	D	C	F	I
V	F	A	K	D	F	I	B	R	E	P	W	L	A	E	M
E	D	O	A	S	V	N	L	E	P	K	I	U	O	S	A
F	I	N	I	S	H	X	H	E	A	L	T	H	Y	I	F
K	I	D	N	E	Y	S	D	N	T	O	I	L	E	T	M

National Continence Helpline 1800 33 00 66

www.continence.org.au