

Training Session Plan

Keeping all the Balls in the Air Introducing participants and the subject



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The International Federation of Health and Human Rights Organisations (IFHHRO)

IFHHRO forms a unique network of active organisations committed to the protection and promotion of health related human rights. Members and observers are human rights groups which address health-related rights violations, medical associations involved in human rights work, and organisations that have been created specifically to mobilize health workers for human rights protection.

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Learning Objectives

- To introduce participants and facilitators to one another
- To start thinking about health workers' role in human rights



Target Group

Participants and facilitators of the training or workshop



Duration

30-60 minutes, depending on the number of participants.



Materials

- Three juggling balls, each in a different colour



Session Plan

This exercise serves as an icebreaker and a quick introduction to the relationship between the health profession and human rights. It fits best in a workshop or training about how health workers can be involved in human rights work. More sessions about these topics can be found online in the IFHHRO Training Manual 'Human Rights for Health Workers' at www.ifhro-training-manual.org

Step 1 Introduction (5 minutes)

Welcome the participants and invite all persons, including facilitators to participate in an activity to get to know each other. Ask everyone to form a large circle.

Step 2 Names (5-10 minutes)

Start with one ball; this will be the 'Names Ball'. Explain that each participant needs to state their name and then throw the ball to a person who has not received the ball yet. Stress that it is important that everyone remembers who they received the ball from and who they passed the ball to.

Begin the first round by throwing the ball to a participant. After each participant has received and thrown the ball once repeat a few times until everyone throws the ball smoothly at exactly the same person every time. Then lay the ball aside.

Step 3 Health Work (5-10 minutes)

Bring out the second ball in a different colour, this will be the 'Health Work Ball'. Ask the participants to each think of one word that they associate with their profession as a health worker.

Again, throw the ball around this time using 'health work words' instead of names. Participants need to throw the ball to a *different* person than during the 'names' round. Repeat until everyone remembers who they received the ball from and who they passed the ball to. Lay the ball aside.

Step 4 *Human Rights (5-10 minutes)*

Bring out the third ball in a different colour, this will be the 'Human Rights Ball'. Ask the participants to each think of one word that they associate with human rights.

Throw the ball around using 'human rights words' and repeat a few times.

Step 5 *Keeping all the Balls in the Air (5-10 minutes)*

Continue throwing the 'Human Rights Ball' around. While this is going smoothly, start throwing the 'Names Ball' around again and after some time also add the 'Health Work Ball'. This will not go smoothly, but that is exactly the point.

Step 6 *Conclusion (5 minutes)*

Collect the balls and ask the participants whether they found it difficult to keep all three balls in the air. Explain that each ball represents a different aspect of a health worker's involvement in human rights.

Through their daily work health workers inevitably play a role in relation to human rights within the healthcare system. The extent and nature of this role depends on the capacities and position of the health worker, the work context and the human rights situation. As a health worker, it is important to be aware of these different aspects and the fact that it can be difficult to keep all three in the air at once...

Link the conclusion to the topic of the workshop or training.