



Children for Children

# Sweat for Nets™

## Organizing Guide

For School and Community Youth Group Leaders



# Sweat for Nets™

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### **Introduction:**

Children for Children™ (CFC)'s Sweat for Nets Organizing Guide is designed to help teachers, parents, coaches, and youth leaders plan and run a successful service project and fundraising activity.

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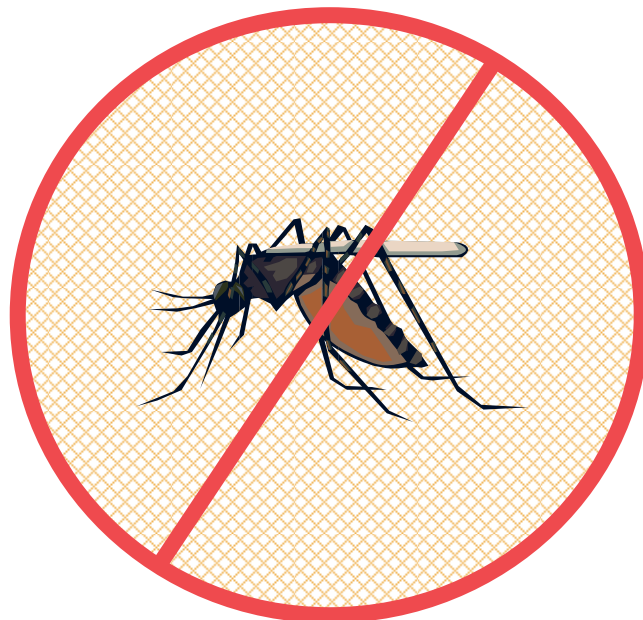
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## I. About Children for Children

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Since 1996, Children for Children has been promoting hands-on youth volunteering and giving programs that teach the value of civic engagement in children from all backgrounds, beginning at an early age. Through participation in CFC's service events and service-learning programs, young people are encouraged to think about the world beyond their own neighborhoods, address issues with constructive methods, and become vehicles for positive change in their communities. Where many assign problem solving to adults, leaving children to feel frustrated and powerless in the face of need, CFC programs empower youth to recognize their own individual and collective relevance.

### Children for Children Core Values

- Our civil society depends on well-educated, well-informed citizens who recognize their responsibility to contribute to their community. The earlier these values are instilled in children, the more likely they are to take root and flourish.
- Children of all ages and from all backgrounds should have a chance to volunteer and give back to their communities.
- Community service can build greater self-confidence and self-esteem in all children, but especially among those most in need and at greatest risk.
- Children whose families participate in community service are more likely to seek out opportunities to give back on their own.
- Children who volunteer are more likely to grow into adults who care about their communities and the world around them, and teach their own children to volunteer.
- Children who serve gain powerful benefits including more motivation and engagement in studies, greater tolerance for diversity and broader perspectives, and critical thinking and problem-solving skills.

## II. Sweat for Nets, Children for Children, and Youth Service

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In an effort to engage young people in meaningful service and volunteering opportunities and to broaden their perspective of local and global issues, Children for Children has created Sweat for Nets, a service-learning curriculum that encourages young people from all socio-economic backgrounds to *get active* in the fight against malaria. Malaria is an issue that is especially relevant to young children. Every thirty seconds, a child dies of malaria, and worldwide, more children die as a result of this disease than any other. Attempts to control malaria have been made increasingly difficult, as the disease's resistance to existing drugs has grown. Yet, for only a few dollars, an insecticide treated bed net can help prevent the spread of the disease that is killing so many innocent and vulnerable children across South America, Asia, and Sub-Saharan Africa.

It is estimated that the widespread distribution of this simple mosquito control could help save the lives of nearly 500,000 children a year in Africa alone. Everyone can help in this effort, including children. There are over ten million school-aged children in the United States. If these children were to join Sweat for Nets and create a push to educate the public about the urgent need for insecticide treated bed nets to protect the more than 100 million children exposed to malaria each year, significant strides would be made to combat this deadly disease.

Children can relate to the need to protect themselves from harm in a simple way. Those who grow up with easy access to bug spray and sunscreen can understand how all children, including those living in other parts of the world, need protection from harmful elements. By helping protect others from the threat of malaria, children out of harms way are empowered at an early age to take a global perspective and look at the world as their community at large. As children reach out to others in the face of this deadly disease, they not only fight malaria, but become global citizens, responding to the needs of people from all nations and backgrounds.

### III. Sweat for Nets Programs

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#### Sweat for Nets and Service-Learning

Children for Children's Sweat for Nets lesson plans are designed to help teachers and youth group leaders incorporate youth service into their schools and communities. Focused on Malaria and the significance of this issue as a global pandemic, CFC's lesson plans enable teachers to integrate service-learning into their curricula, while encouraging their students to *get active in the fight against malaria*.

Service learning is not just volunteering or doing community service. As defined by the National Commission on Service-Learning, service-learning is "a teaching and learning approach that integrates community service with academic study to enrich learning, teach civic responsibility, and strengthen communities." It gives meaning and real life application to the subjects taught in the classroom, helping to answer the perpetual question, "Why do I need to learn this?" Service-learning also includes an emphasis on reflection to help students understand the importance of their actions. Service-learning can be implemented at all grade levels and, as you will see, can be rewarding and fun.

Service-learning offers powerful lifelong benefits. Participants learn responsibility, leadership, critical thinking and problem-solving skills. They experience greater self-respect, character development and self-discipline, increased motivation and engagement in studies, more tolerance and a broader perspective, and possibly improved academic performance.

Children for Children currently offers four downloadable lesson plans to teachers and students in grades K-12. These lesson plans are all available online at [www.childrenforchildren.org/prog\\_sweatfornets.asp](http://www.childrenforchildren.org/prog_sweatfornets.asp). Following the completion of each Sweat for Nets lesson plan, teachers and students are encouraged to work together to brainstorm ways to teach others about malaria and to develop fundraising activities at school or in the community to help purchase insecticide-treated bed nets.

The programs listed below have been created to provide groups with a general template for setting up and running a service project in their schools and communities. Sweat for Nets programs are flexible to meet the needs of the program participants. The timelines for the events are flexible, as well, depending on the length of the project and the number of people involved.

Though Sweat for Nets projects and timelines may differ among participating groups, all projects will include the following components:

- an educational activity that will teach people about malaria and the importance of insecticide-treated bed nets in preventing the spread of the disease,
- a brainstorming and planning process that will allow young people the opportunity to organize a service project on their own,
- an event that raises awareness to malaria and raises funds to purchase-insecticide treated bed nets,
- a follow up and reflection activity that allows participants with an opportunity to evaluate their work and learn from their experience.

#### One-Day Sports Program

As a one-day program, the Sweat for Nets activity may consist of a variety of individual or team sports games, with the goal of educating the community about malaria and raising money to purchase insecticide-treated bed nets. All participants in the event will be registered with Children for Children, and the date of the program will be submitted to CFC in order to facilitate the calculation of the final fundraising effort.

Prior to the event, the Sweat for Nets point person should hand out sponsor sheets to participants with instructions on fundraising and collecting donations. Sponsors and donors can support participants by pledging or giving money for points or goals scored during the game, or through an admission fee to attend. Following the game or event, teachers or group leaders should work with the program participants to collect and submit their donations using the CFC Sweat for Nets online donation form.

Possible One-Day Sweat for Nets Athletic Events:

- Incorporate a malaria awareness presentation, slideshow, or public service announcement into a special Sweat for Nets tennis match, a basketball, soccer, hockey, baseball or lacrosse game. Use the pre-game period or halftime break as an opportunity to talk to the audience about malaria and to present information about the issue to everyone in attendance. If the school or organization is donating the ticket proceeds to Sweat for Nets, let the audience know where the money is going and what it is being used for.
- Organize a school or community-wide Sweat for Nets walk, run, or bike-a-thon and collect pledges for every mile participants go and for the amount of time participants spend doing the activity.
- Create a special Sweat for Nets sports tournament or contest. Invite classmates and young people from the community to participate in a free throw contest, a three-on-three tournament, a bowling tournament, or table tennis tournament.
- Set up a special student/faculty sports game challenge that designed to raise money for insecticide-treated bed nets.

## **Sports Team Sponsorship Program**

Schools and organizations that want to conduct the Sweat for Nets program throughout the year may select a variety of interested sports teams to participate (i.e. basketball, soccer, hockey, tennis, baseball, lacrosse, etc.). At the beginning of the season (or the pre-set number of designated games), a coach, athletic director or another point person will work with the team to develop a way to raise awareness to malaria and to raise funds to purchase the insecticide-treated bed nets. Once the team has selected an idea and set goals for their season, the group organizer will then sign up and register with Children for Children.

Prior to the beginning of the athletic season or the set designated games, the point person will provide the athletes with sponsor sheets and detailed instructions on fundraising. A sponsor may pledge a donation for each basket/point/goal scored or for each team victory. During the duration of the Sweat for Nets season, the team will work together to educate people about malaria while keeping track of the number of baskets/goals/points scored. At the end of the season, they will calculate the amount of money raised by the team and the total number of bed nets purchased.

Possible Sports Team Sponsorship Pledges and Donations:

- A Sweat for Nets sponsor may pledge three dollars for every 3-point shot made by the team during their basketball season.
- During a tennis season, a sponsor may give a certain amount of money for every match won or for every service ace.
- A hockey or soccer team may be given a certain amount of money for each goal, assist, or every hat trick scored during the season.

## **Do Your Own Thing Program**

The Do Your Own Thing Program is designed to allow students who do not play sports to participate in the Sweat for Nets program by creating their own fundraising project. Any group or individual may sign up with Children for Children and submit a description of their event or fundraiser using the Sweat for Nets Registration Form. A point person for each group will be responsible for organizing the event and activity, handing out the sponsor sheets, collecting all donations from the participants and submitting the money online or by mail by using the Sweat for Nets online donation form and downloadable PDF.

Possible Do Your Own Thing Activities:

- Organize a school or community-wide bake sale or lemonade stand.
- Conduct a neighborhood clean-up campaign (shoveling snow, raking leaves, picking up trash, etc).
- Sell food or drinks at a concession stand during an athletic event and have all profits go to Sweat for Nets.

- Plan a school or community Sweat for Nets dance, concert, play, poetry reading, or penny carnival, and donate the profits to Sweat for Nets. Like the One-Day sports event, develop a way to incorporate a malaria awareness presentation, slideshow, or public service announcement into the event.

## Combination Program

Groups may also create a Sweat for Nets activity that combines a number of the fundraising strategies described above. In this case, a variety of activities might take place over a certain fundraising timeframe, including a Sports Team Sponsorship program, a Do Your Own Thing activity, or a One-Day Sports event. A Sweat for Nets group may also do numerous monthly fundraising cycles throughout the calendar year.

Possible Combination Scenario:

- A school may have a basketball team that participates in the Sweat for Nets Sports Sponsorship program throughout the entire season. During one of the games, the school could organize a special Sweat for Nets night that is dedicated to malaria awareness and youth service, with students giving a public service presentations during timeouts and halftime, selling snacks and drinks at the concession stand, making posters and signs for malaria awareness and youth service in a room near the gym, and holding a school-wide Sweat for Nets dance for students after the game. All of the proceeds from the game, the concession stand, and the dance could be donated to Sweat for Nets to purchase insecticide-treated bed nets.

## CFC and the CDC Foundation



Children for Children is proud to be partnering with the Centers for Disease Control and Prevention (CDC) Foundation on the Sweat for Nets Program, to engage young people from all across America (and beyond) to *get active in the fight against malaria*. Through this partnership, Sweat for Nets program participants will be connected to a worldwide network of health professionals and experts who are working hard to fight to save lives and prevent suffering from this terrible disease.

### Where do Sweat for Nets donations go?

100% of donations submitted to the Sweat for Nets Program will be used by the CDC Foundation to purchase and deliver insecticide-treated bed nets to CDC-affiliated programs in Africa.

One such program is a Rotary International Safe Water Project in Nyanza Province, Kenya. CDC experts are working with the project's leaders to provide safe drinking water and other services to women widowed by AIDS who, in addition to their own children, typically care for AIDS orphans.

Project leaders rely on donations to purchase insecticide-treated bed nets to distribute to these women to help them protect the children in their care from malaria and other diseases carried by insects.



**Program leaders can purchase bed nets for as little as \$5.00 each and each bed net will protect up to three children.**

## IV. Five Steps to Plan a Sweat for Nets Service Project Event and Fundraising Activity

Whether you are organizing a Sweat for Nets One-Day sports activity, a Sports Team Sponsorship project, a Combination event, or just Doing Your Own Thing, these five steps will help you to plan and run a successful Sweat for Nets service project.

### Step One: Organize

- Form a group to help you plan and run your Sweat for Nets service project. This can be an existing group (a team, after-school club, class) or a new group formed specifically for this project.
- Decide how often your group will meet throughout the duration of the project.
- Select a responsible adult who can assist with your project.

### Step Two: Create Your Service Project

- State the goals and objectives that you hope to accomplish.
- Brainstorm ways to create a service project to help raise awareness to malaria.
- Develop a way to connect your service project with an activity that raises funds to purchase insecticide-treated bed nets.
- Discuss your ideas and choose one as your project.

### Step Three: Plan Your Service Project Event

Create a Sweat for Nets Project Task List of everything you need to do to plan and run the event. When making the list, address the following issues:

- Determine your project timeline: What is the timeline for your project? Set deadlines to ensure that everything happens on time.
- Select your project location: What kind of space do you need for your event?
- Obtain permission: Do you need to ask for permission to use a space for your event? If so, from whom?
- Assign jobs: Who will be in charge of running your event? Who will hand out the sponsor sheets? Who will collect and submit donations?
- Get the message out: How are you going to publicize your event and who will be responsible for doing the publicity?
- Organize materials: What supplies do you need to accomplish your project? Is there a person or business willing to donate these items?
- Create a budget: How much will this project cost to run? Do you need money to start your project? How will you raise money? Will you ask for a donation? Create a *Sweat for Nets Budgeting Page* to keep track of all of your event expenses.

Register your project: When you have finished planning, don't forget to register with Children for Children by filling out the Sweat for Nets Registration Form. (This form is available on the Children for Children website at: [http://www.childrenforchildren.org/prog\\_sweatfornets.asp](http://www.childrenforchildren.org/prog_sweatfornets.asp)).

### Step Four: Run Your Service Project Event

Make sure all aspects of your event are covered on the day(s) of your event.

- Manage your group to make sure everyone is working on their particular assignment.
- Hang all posters, banners, and decorations.
- Sign in all participants when they arrive.

- Recognize all participants, sponsors, and donors.
- Thank everyone for their participation.
- Hand out reflection forms at the conclusion of the event.
- Clean up when the event is over.

Good Ideas to keep in mind during your project:

- Keep a journal of your experience with your service project and event.
- Take pictures or make a video of your project.
- In addition to thanking volunteers on the day of the event(s), send written thank you cards to everyone who helped so they know their efforts were appreciated. If they realize how much of a difference they made, they might be more willing to help with your next project!

### Step Five: Follow Up and Reflect

After the project has been completed:

- Submit all donations using the Sweat for Nets online donation form.
- Reflect with your group about what went well and what you'd change. Have the program participants fill out the Sweat for Nets reflection forms and return them to you so you can collect feedback and evaluate your project.

## V. Sweat for Nets Forms, Resources, and Links

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The following forms and documents will help you plan and organize your Sweat for Nets project. Each of these forms can be downloaded from the Children for Children website at [www.childrenforchildren.org/prog\\_sweatfornets.asp](http://www.childrenforchildren.org/prog_sweatfornets.asp)

- Sweat for Nets Registration Form
- Sweat for Nets Project Task List
- Sweat for Nets Budgeting Page
- Sweat for Nets Sponsor Sheets
- Sweat for Nets Sports Sponsorship Tracking Form
- Sweat for Nets Reflection Form
- Sweat for Nets Lesson Plans: K-2, 3-5, 6-8, 9-12

For Information about malaria and insecticide-treated bed nets, visit the following CDC and CFC sites:

- General information on malaria: [www.cdc.gov/malaria/](http://www.cdc.gov/malaria/), [www.who.int/topics/malaria/en/](http://www.who.int/topics/malaria/en/)
- History of malaria: [www.cdc.gov/malaria/history/index.htm](http://www.cdc.gov/malaria/history/index.htm)
- Insecticide-treated bed nets: [www.cdc.gov/malaria/control\\_prevention/vector\\_control.htm#itn](http://www.cdc.gov/malaria/control_prevention/vector_control.htm#itn)
- Information on service-learning: [http://childrenforchildren.org/serv\\_slp.asp](http://childrenforchildren.org/serv_slp.asp)

To learn how you can *Grow Involved* or learn more about Children for Children for Children call 212.850.4170 or visit [www.childrenforchildren.org](http://www.childrenforchildren.org)



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