

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.
- Evidence shows that school toilets can have a negative impact on a child's physical and psychological health¹, which is why Toilet Tactics is so important.
- Many children avoid using toilets which can lead to bladder and bowel issues.¹
- 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.
- Children with continence issues are more likely to be victims or perpetrators of overt bullying.^{2,3,4}
- Children with continence issues have higher absenteeism.⁵
- Adequate toileting facilities also help to reduce outbreaks of infectious diseases (gastroenteritis, colds and influenza) by promoting good hand washing habits.
- 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.

References

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