

# Balloon Busters



### Aim

To highlight issues affecting young people's health in Ireland and the Developing World.

### Age

10 years and older

### Time

30 minutes

### Materials

Balloons, statements (cut in two)

### Note to Leader

If you have a large group, you can add in your own statements using facts from this pack. If you are working with younger age groups, use simpler statements.

## What to do

Copy the statements and cut in two as indicated. Either beforehand or with the group, insert one half of each statement into a balloon so that there is a balloon for each participant.

Mark a start and finish line at the ends of the room. Break into two teams and ask for a captain from each team. The teams line up facing one another between the start and finish line. When the leader says go, the captains pass the balloons, one at a time to the first person in the line. Without using their hands, the teams have to pass the balloons down the line and deposit them at the far end. If a balloon is dropped, the leader has to bring it back to the start. The first team to get all their balloons over the finish line are the winners.

Each participant takes one balloon and bursts it, taking the piece of paper from inside. The participants must find the person that holds the second part of their statement. Ask the pairs to read out their statements.

As a large group, rank the statements from very important health issue to not so important. Ask if any of the issues are only relevant to developing countries or to Ireland. What health issues are in common?





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## STATEMENTS

Healthy life expectancy is 39 in Africa

compared to 66 in the Developed World

The amount of aid spent by rich countries on health each year is the same as

the amount spent on ice cream in Europe

Control of food production by a few global corporations

squeezes out small producers and reduces access to healthy, nutritious food

To cover the cost of going to the doctor in Ethiopia

many poor families have to sell their belongings, borrow money or take their children out of school

For every extra year that a girl spends in school in developing countries,

the risk of her contracting HIV decreases by up to 10%

As a result of wars between 1991 and 2003

almost 500,000 children died due to lack of food, clean water or medicines

Up to one-third of global disease

is caused by environmental factors, such as polluted water and air

Nearly one in six children in sub-Saharan Africa die before their fifth birthday

compared with one in 150 in richer countries.

90 % of people living with HIV/AIDS

live in the Developing World

Most people with a disability in the Developing World

do not have access to adequate healthcare