

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 maintain or improve 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 more information about Toilet Tactics, go to continence.org.au.

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

Toilet tips

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

- Relax elbows or hands on knees
- Lean forward (bend from the hips)
- Straight lower back
- Feet well supported
- 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 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.