



EFFORT FOR
ADVANCED
COMMUNITY



BASIC TRAINING ON MARINE CONSERVATION AND COMMUNITY ENGAGEMENT

A Guide for Women and Youth Climate Smart Groups
in the Blue Economy 2026



2026

JANUARY

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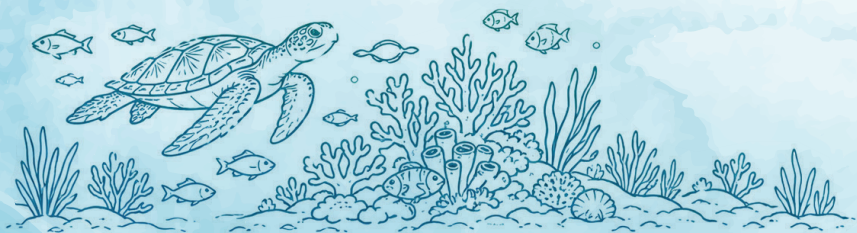
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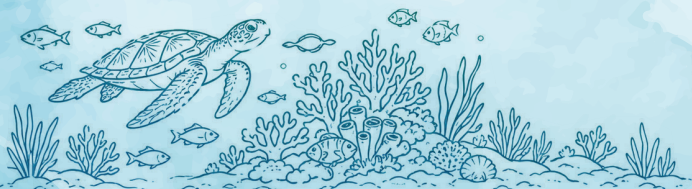
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Contents:

1. Introduction
2. Behavior Change
3. Leadership and Accountability
4. Communication and Collaboration
5. Conflict Resolution
6. Group Management
7. Entrepreneurship and Finance
8. Gender Equality
9. Community Mobilization
10. Environmental Responsibility
11. Planning and Monitoring
12. Ethics and Integrity
13. Health, Safety, and Well-being
14. Learning and Continuous Improvement
15. Conclusion



The ocean is a very important resource for coastal communities and for the country as a whole. It provides essential food such as fish, seaweed, and sea cucumbers, which contribute to improved nutrition and food security for many households. For many families living along the coast, these resources are not just food, but a daily source of survival.

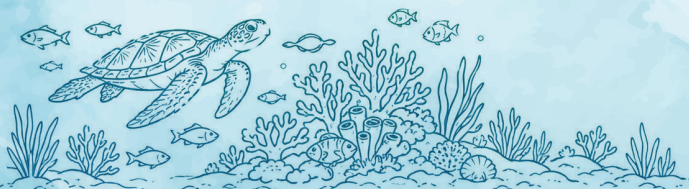
In addition to food, the ocean provides a wide range of opportunities under the blue economy. These include activities such as fishing, seaweed farming, crab farming, and small businesses related to marine products. These activities help individuals and groups generate income, support their families, and improve their standard of living.

For many coastal communities, the ocean is the main source of employment. Fishers, seaweed farmers, traders, and processors all depend on marine resources for their livelihoods. Without a healthy ocean, these economic activities become difficult or impossible.

The ocean also plays a very important role in protecting the environment. It helps regulate the climate by absorbing heat and carbon dioxide. It also protects the coastline from erosion through ecosystems such as mangroves. Mangroves act as natural barriers that reduce the impact of waves and storms, while also providing breeding grounds for fish and other marine life.

Key Challenges Facing Marine Resources

- Illegal fishing reduces fish populations and destroys breeding areas, making it difficult for fish to reproduce and sustain their numbers
- Water pollution is caused by dumping waste, especially plastics, into the ocean, which harms marine life and affects human health
- Destruction of mangroves leads to loss of fish habitats, increased coastal erosion, and reduced environmental protection



Introduction

These challenges, if not addressed, can lead to long-term damage that affects both the environment and the livelihoods of communities.

Purpose of This Guide (Expanded)

This guide is designed to support groups in:

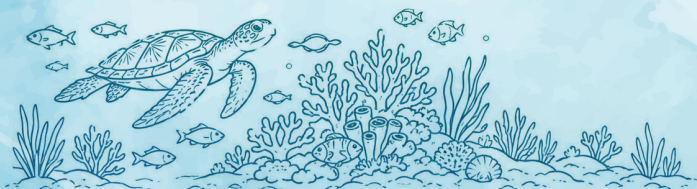
- ⦿ Understanding the importance of protecting marine resources
- ⦿ Learning practical ways to increase income without harming the environment
- ⦿ Strengthening teamwork and cooperation within groups
- ⦿ Ensuring that marine resources are used sustainably for future generations

Key Message

Protecting the ocean is not only about the environment—it is about protecting livelihoods, food, and the future of communities.

Reflection Questions

- ⦿ What marine resources are most important in your community?
- ⦿ What changes have you observed in recent years?
- ⦿ How do these changes affect your daily life?



Behavior refers to actions that people do regularly until they become habits. Many harmful environmental practices continue not because people do not know they are harmful, but because they are used to doing them or feel they have no alternative.

For example, a person may know that throwing waste into the ocean is harmful, but continues to do so because:

- ⊙ There is no proper waste disposal system
- ⊙ It has been done this way for many years
- ⊙ Others in the community are doing the same

Changing behavior is a process that takes time and effort. It does not happen instantly, but gradually through awareness and action.

Steps for Behavior Change

1. Awareness – Understanding the problem and its effects
2. Desire to change – Willingness to do things differently
3. Action – Taking small practical steps
4. Consistency – Continuing the new behavior over time

Example

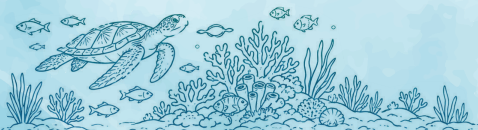
A seaweed farming group throws plastic waste into the ocean after harvesting. Over time, this waste accumulates and affects water quality, which can reduce seaweed growth and harm marine life.

Quiz

1. What is the bad behavior observed?
2. What are the effects on the ocean, seaweed, and marine life?
3. What immediate actions can be taken?
4. What long-term solutions can the group implement?

Key Message

Small changes in behavior, when practiced consistently, can create big positive impacts on the environment.



Leadership is the ability to guide, influence, and support others toward achieving common goals. A good leader leads by example through actions, honesty, and responsibility.

A leader is not only someone with a title but someone who takes initiative and encourages others to do the right thing.

In a group, common leadership roles include:

- ⦿ Chairperson
- ⦿ Secretary
- ⦿ Treasurer

Each role has specific responsibilities that should be clearly defined.

Accountability means that each member, especially leaders, performs their duties responsibly and reports their actions openly to others. It builds trust and ensures transparency within the group.

Importance of Accountability

- ⦿ Builds trust among members
- ⦿ Prevents misuse of resources
- ⦿ Promotes transparency and fairness
- ⦿ Strengthens group unity

Example

A leader takes group funds without informing members. This creates mistrust and can lead to conflict and group breakdown.

Quiz

1. What is the main problem in this situation?
2. What are the possible consequences?
3. What steps can the group take to prevent this in the future?

Key Message

Good leadership and accountability are the foundation of a strong and successful group.

Communication is the process of sharing information, ideas, and feelings between people. Good communication helps build understanding and strong relationships within a group.

Poor communication can lead to misunderstandings, conflicts, and wasted time.

Common Communication Challenges

- ⦿ Interrupting others
- ⦿ Not listening carefully
- ⦿ Misinterpretation of messages

Example

During a meeting, members interrupt each other, making it difficult for everyone to express their ideas clearly.

Solutions

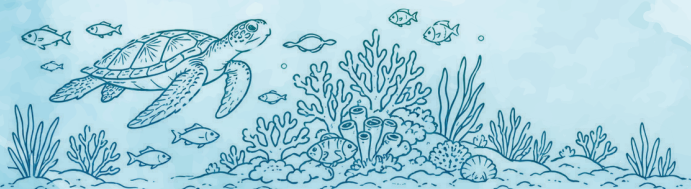
- ⦿ Allow one person to speak at a time
- ⦿ Practice active listening
- ⦿ Use respectful language
- ⦿ Use tools like WhatsApp groups to improve communication

Quiz

1. What causes poor communication in groups?
2. What are the effects?
3. What steps can improve communication?

Key Message

Effective communication strengthens teamwork and reduces conflicts



Conflict is a situation where individuals or groups disagree. In coastal communities, conflicts often arise due to competition over limited resources such as fishing areas or seaweed farming zones.

Other causes of conflict may include:

- ⦿ Differences in income levels
- ⦿ Poor communication
- ⦿ Lack of trust among group members

If conflicts are not addressed early, they can lead to serious problems such as:

- ⦿ Breakdown of groups
- ⦿ Destruction of marine resources
- ⦿ Loss of peace within the community

Ways to Resolve Conflict

- ⦿ Listen carefully to each side without taking sides
- ⦿ Allow people to express their feelings calmly
- ⦿ Focus on finding a solution that benefits everyone
- ⦿ Involve community leaders or elders if necessary
- ⦿ Agree on clear rules and document them

Example

Two fishers argue over a fishing area that is known to have many fish. If the conflict continues, it may lead to fights or overfishing.

Quiz

1. What problems may arise if the conflict is not resolved?
2. What steps can be taken to resolve this situation peacefully?
3. Why is it important to involve others in conflict resolution?

Key Message

Conflict is normal, but it must be managed early and fairly to maintain harmony.

A group is a collection of people working together to achieve a common goal. A group succeeds when it is well organized and properly managed.

A strong group should have:

- ⦿ Clear leadership
- ⦿ Defined rules and regulations
- ⦿ Active participation of members
- ⦿ Regular meetings

Without proper management:

- ⦿ Resources may be misused
- ⦿ Members may lose motivation
- ⦿ The group may fail to achieve its goals

Important Elements of a Strong Group

- ⦿ A written constitution or rules
- ⦿ Proper record keeping (meetings and finances)
- ⦿ Clear division of responsibilities
- ⦿ Transparency in decision-making

Example

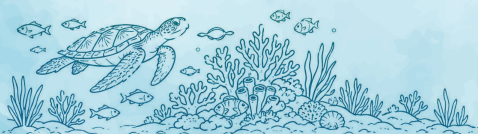
A group does not hold meetings and has no work plan. As a result, members are confused and activities do not progress.

Quiz

1. What challenges may arise in this situation?
2. What should the group do to improve its management?

Key Message

Strong group management leads to better results and sustainability.



Entrepreneurship is the ability to start and manage income-generating activities. Many coastal communities depend heavily on marine resources, which can create pressure on the environment.

Entrepreneurship helps to:

- ⦿ Diversify income sources
- ⦿ Reduce dependence on fishing or seaweed alone
- ⦿ Improve household income

Opportunities in the Blue Economy

- ⦿ Seaweed processing (soap, powder, cosmetics)
- ⦿ Selling dried or processed fish
- ⦿ Fish farming, sea cucumber farming, crab farming
- ⦿ Savings and loans groups (VSLA)

Example

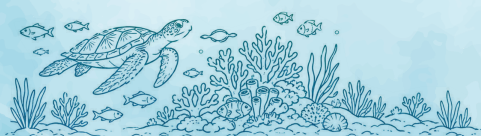
Seaweed prices drop in the market, causing losses for farmers who depend only on one income source.

Quiz

1. What is the main problem in this situation?
2. What alternative income activities can be introduced?

Key Message

Diversifying income sources strengthens resilience and reduces risk.



Gender equality means giving equal opportunities to women, men, and youth to participate in activities, decision-making, and benefits.

In many communities, women and youth contribute significantly but are often not fully involved in decisions.

Benefits of Gender Equality

- ⦿ Encourages new ideas and innovation
- ⦿ Strengthens decision-making
- ⦿ Increases productivity
- ⦿ Builds unity in the group

Example

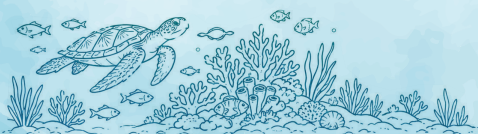
Women are not allowed to participate in financial decisions within the group.

Quiz

1. What are the possible effects of this situation?
2. What actions should be taken to improve inclusion?

Key Message

Inclusive participation leads to stronger and more successful groups.



Marine conservation cannot be achieved by one group alone. It requires participation from the entire community.

Community mobilization is the process of educating and encouraging people to take action and change behavior.

Methods of Mobilization

- ⦿ Community meetings
- ⦿ One-on-one education
- ⦿ Engaging local leaders
- ⦿ Awareness campaigns
- ⦿ Social media platforms

Example

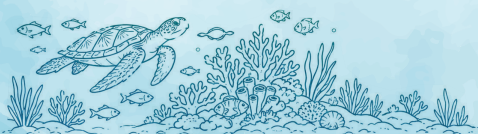
A group practices conservation, but other community members continue harmful activities.

Quiz

1. Why is it important to involve the whole community?
2. What methods can be used to raise awareness?

Key Message

Lasting change happens when the whole community is involved.



The environment is the foundation of life for all living things. The ocean is a critical part of the environment and must be protected.

Signs of Environmental Degradation

- ⦿ Decrease in fish populations
- ⦿ Loss of mangroves
- ⦿ Coastal erosion
- ⦿ Water pollution
- ⦿ Increase in ocean waste

Actions to Protect the Environment

- ⦿ Avoid dumping waste in the ocean
- ⦿ Protect and plant mangroves
- ⦿ Use sustainable fishing methods
- ⦿ Follow environmental laws

Example

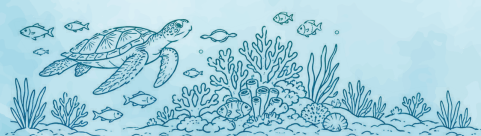
People cut mangroves for firewood, leading to loss of fish breeding areas.

Quiz What are the effects of this activity?

1. What solutions can be applied?

Key Message

Protecting the environment ensures long-term benefits for communities.



Planning helps guide what activities should be done, when, and by whom. Monitoring helps track progress and ensure goals are achieved.

Benefits of Planning

- ⦿ Clear direction
- ⦿ Better organization
- ⦿ Measurable results

Benefits of Monitoring

- ⦿ Identifies progress
- ⦿ Detects challenges early
- ⦿ Improves performance

Example (Expanded)

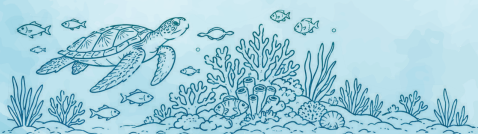
A group has a plan but does not follow up on its implementation.

Quiz (Expanded)

1. What problem may arise?
2. What should be improved?

Key Message

Planning without monitoring leads to poor results.



Ethics refers to good behavior, while integrity means doing the right thing even when no one is watching.

Importance

- ⦿ Builds trust
- ⦿ Ensures fairness
- ⦿ Strengthens group unity

Example

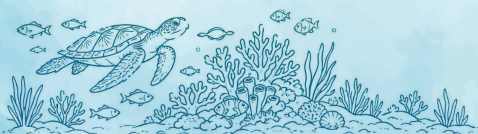
A treasurer uses group funds without informing members.

Quiz

1. What mistake was made?
2. What are the consequences?
3. What should be done?

Key Message

Integrity builds trust and sustainability.



Health and safety are essential for anyone working in marine activities.

Common Risks

- Injuries
- Drowning
- Fatigue
- Skin diseases

Safety Measures

- Use protective gear
- Avoid working alone
- Check weather conditions
- Stay hydrated

Example (Expanded)

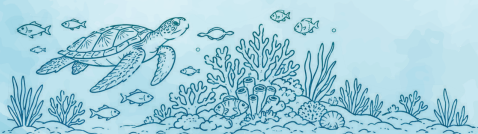
A seaweed farmer enters the ocean without protective shoes and gets injured.

Quiz (Expanded)

1. What risk occurred?
2. How could it be prevented?

Key Message

Safety first ensures long-term productivity.



Learning is the process of gaining new knowledge and improving skills.

Communities must adapt because:

- ⦿ Markets change
- ⦿ Environment changes
- ⦿ New technologies emerge

Example

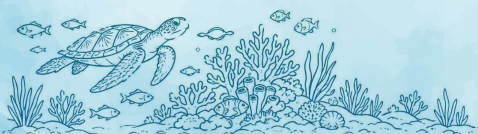
A group continues using outdated seaweed farming methods despite low productivity.

Quiz

1. What is the problem?
2. What should be done?

Key Message

Continuous learning leads to growth and success.



Learning is the process of gaining new knowledge and improving skills.

Communities must adapt because:

- ⊙ Markets change
- ⊙ Environment changes
- ⊙ New technologies emerge

Example

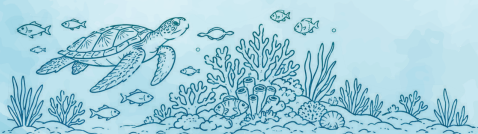
A group continues using outdated seaweed farming methods despite low productivity.

Quiz

1. What is the problem?
2. What should be done?

Key Message

Continuous learning leads to growth and success.



PART A: WORD SEARCH PUZZLE

Instructions:

Find the words listed below in the letter grid. Words may appear:

OCEANPLASTICWASTEQ
MANGROVESXYZFISHER
CONSERVATIONABCDEF
FISHINGGHIJKLMNOPQ
SEAWEEDRSTUVWXYZAB
COMMUNITYBEHAVIORC
ACCOUNTABILITYDEFG
LEADERSHIPHIJKLMNO
CONFLICTRESOLUTION
ENVIRONMENTPROTECT
HEALTHSAFETYQRSTUV
ENTREPRENEURSHIPWX
PLANNINGMONITORING
LEARNINGSUSTAINABL
GENDEREQUALITYZYXW

PART B: QUESTIONS

Instructions: Read each question carefully. Write your answer, then find the word in the puzzle above.

1. What is the main natural resource that provides food and income to coastal communities? Ocean
2. What type of waste commonly pollutes the ocean? Plastic
3. What are unwanted materials that damage the marine environment? Waste
4. What coastal trees protect the shoreline and support fish breeding? Mangroves
5. What activity provides fish for food and income? Fishing
6. What marine plant is farmed by coastal communities? Seaweed
7. What group of people live or work together? Community
8. What do we call repeated actions that become habits? Behavior
9. What is the responsibility of being answerable for your actions? Accountability
10. What is the ability to guide and influence others? Leadership
11. What is a disagreement between people or groups? Conflict
12. What is the process of solving disagreements peacefully? Resolution
13. What surrounds us and must be protected? Environment
14. What refers to physical well-being? Health
15. What helps prevent accidents and injuries? Safety
16. What is the ability to start and manage a business? Entrepreneurship
17. What is the process of setting goals and activities? Planning
18. What is tracking progress of activities? Monitoring
19. What is gaining knowledge and skills? Learning
20. What means using resources in a way that lasts long-term? Sustainability
21. What ensures equal participation of men, women, and youth? Gender Equality

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