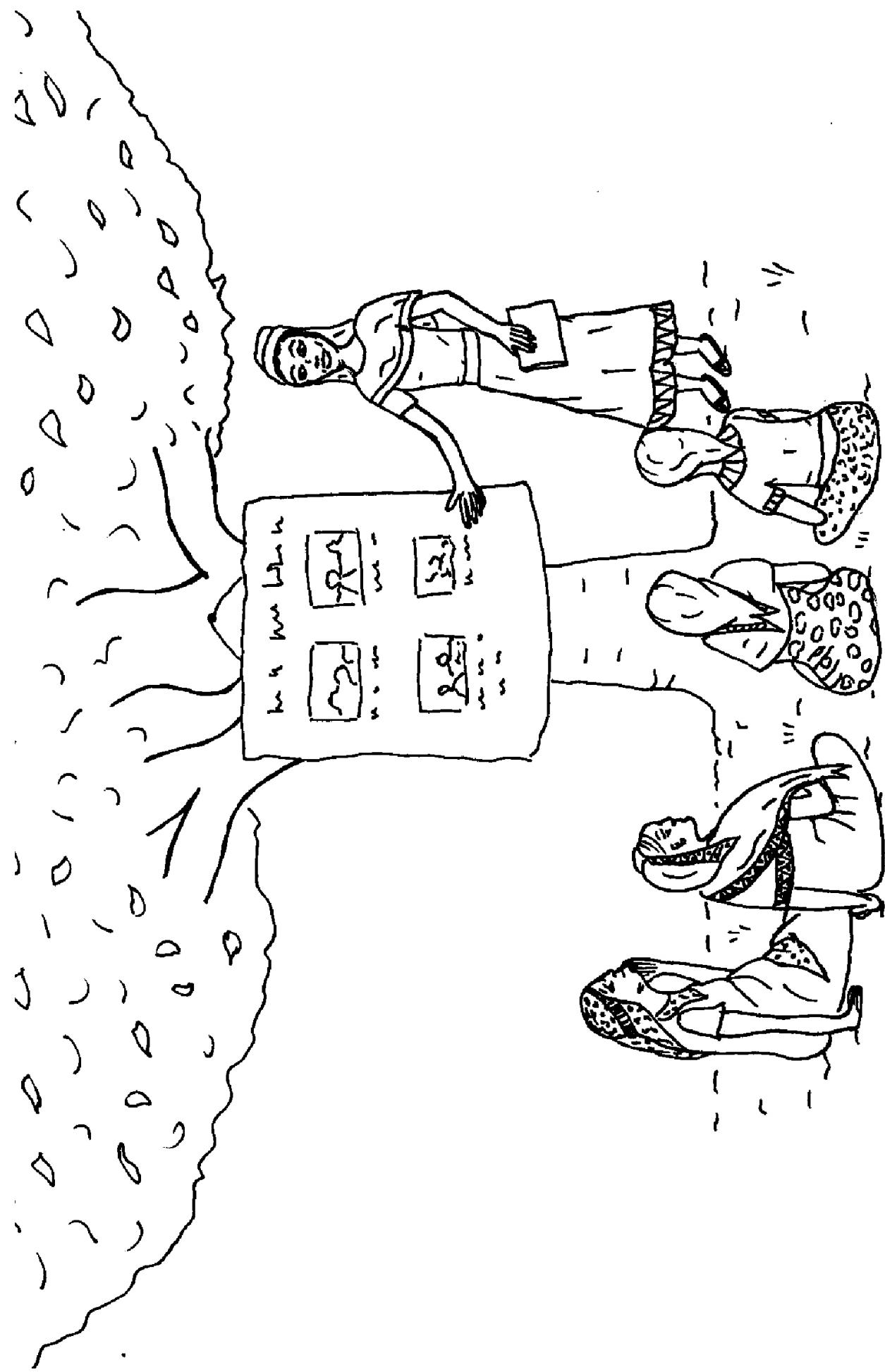


# Guide for Family Planning animators



# Guide for Family Planning animators

*Inter Aide. Reproductive Health. Ethiopia. Jan.2011*

## Purpose of this guide?

- It provides a frame to help you to promote family planning in the rural areas.
- It suggests a method for planning, organizing and evaluating a Family Planning promotion program.
- The activities described in it are here to help you to inform the population and to help them to make **healthier** and **safier** life choices.

## • Animator chart

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## Animator chart

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- Some keys to approach family planning in the communities
  - Keys for an efficient promotion session
  - Step1: 1<sup>st</sup> contact (house to house visit)
  - Step2: 1<sup>st</sup> group session (family planning & its benefits)
  - Step3: 2<sup>nd</sup> group session (the different contraceptives)
  - Step4: 3<sup>rd</sup> group session (dispelling misconceptions)
  - Step5: Specific family support (house to house visit)
- The message transmission is also related to the behavior of the animator.  
The animator should be a model, an example to the communities.
- The animator supports family planning on a personal level.
  - The animator encourages the empowerment of women.
  - The animator wants to be involved for the community.
  - The animator supports the communities so that they make informed choice

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## The role of the family planning animator

Your role is not to change the communities but to **help them gain understanding and skills** that will allow them to change some of the conditions that can contribute to poverty and poor health.

Your role is to **facilitate**, to **show** and **explain** them the different means to do this.

### Your missions

#### Give messages that lead to behavior changes.

- By giving the communities clear and accurate information about family planning and the different methods of contraception
  - By dispelling misconceptions and fears of family planning
  - By promoting attitudes that lead to healthy, responsible behavior.
  - By using relevant IEC material available
  - By creating an appropriate environment so that the group might feel confident to speak
  - By using a participatory approach
  - By being motivated and committed to the program.
- By defining a planning of animation following a methodology
  - By discussing with relevant leaders, authorities and health structures to implement sessions and encourage their participation
  - By conducting house to house visits to inform about the project
  - By agreeing with the communities on a date and place for the implementation of promotion session
  - By respecting the priorities of the communities.
  - By preparing in advance each promotion session.
  - By preparing reports on the work conducted in order to evaluate the activities and improve the next ones

#### Organize the promotion session

- Accompany the communities to make informed decisions and choices about available family planning methods
  - By raising the communities' awareness about the benefits of family planning
  - By referring and guiding women to contraceptive delivery services (health posts, outreach sites and health centers).
- Support to the volunteers and HEWs (Health Extension Workers).

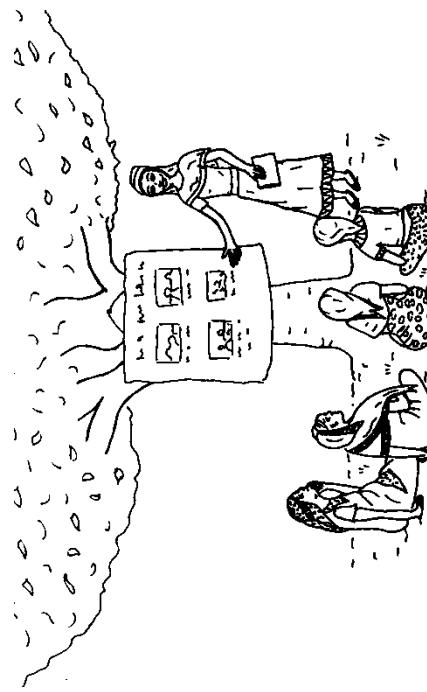
- By referring drop out women, as well as potential new users met during house to house visits and promotion sessions

## SOME KEYS TO APPROACH FAMILY PLANNING IN THE COMMUNITIES

Family planning is a part of health care which can be difficult to talk about.  
Family planning can be an embarrassing issue to discuss and is also surrounded by many misconceptions and secrecy.

Animators do not need to have a scientific knowledge but they need to know how to approach this question with the communities, while respecting their way of thinking. They should focus on how they can give appropriate information to the communities so that can change their ways of thinking and their behavior, making them confident with family planning.

Thus, problems related to family planning are more human than technical.



The communities are not using contraceptives for several reasons: lack of information, children considered as an investment, fears and misconceptions about contraceptives, religious reasons or personnel convictions.

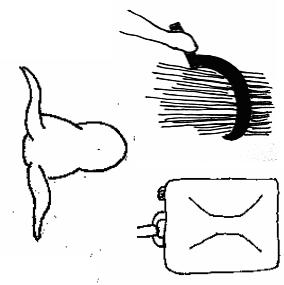
The family planning program allows women and their husband to gain knowledge and to understand the benefits of family planning on the long term.

The main goal is not to change the communities but to help them to understand and skills that will allow them to change some of the conditions that can contribute to poverty and poor health.

## **CHILDREN: SEEN AS A BURDEN OR A BENEFIT?**

The communities are often made to feel guilty or irresponsible for having many children. Some planners say that the small family lives better, and advise them to have only the number of children they can afford.

Yet for many poor families, to have many children is an economic necessity.



As they take care for cattle, cut fodders, fetch water... children are considered as a valuable source of help. By age 10 or 12, boys and girls produce more than they cost. By age 15, most boys already have produced as much as they have cost to their families (in food, clothes, etc.) since birth.

Especially as parents grow old, become ill, and can no longer work hard themselves, having many children may be their best guarantee for getting enough to eat. Most people will choose to have small families only when they have a basic amount of economic security.

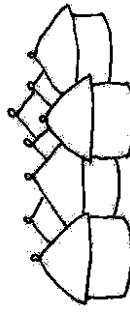
This economic consideration is a fact that the animator cannot and should not ignore. Thus, it is not relevant to tell the communities "family planning is a way to improve your economic situation". The number of children is a choice that belongs to the family.

Although many families feel that they want and need as many as 4, 5, or 6 children, most also agree that a very large number of children can create hardships. They want a family that is neither too small nor too large, and welcome family planning on their terms.

## **ECONOMIC BENEFITS OF FAMILY PLANNING**

Today, with modern medicine and health services, fewer children die, therefore families are larger, and populations grow rapidly. In some countries the population doubles every 20 years. Although population growth is not the main cause of poverty and hunger, in some areas it is a contributing factor.

As the number of population increases, the available land will become more scarce and costly. Even in some parts of Africa that seem 'under populated', the growing number of people implies that too many trees are being cut for firewood. As a result, forests and farmland are being turned into deserts. Overpopulation contributes to endangering the balance between man and nature.



The population problem is not usually discussed with the communities because planners generally say that they think only of their immediate needs and are not concerned with the future needs of society. But isn't this because there is so little opportunity for the farmers to take part in the decisions that shape the society?

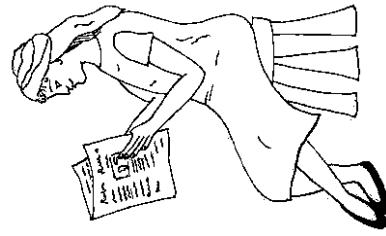
History has shown, however, that when the community begins to organize and gain control, they often become deeply concerned with planning ahead for a healthier society. Thus, if the communities cooperate with goals to limit population growth, they must also have a strong role in policy and decision making for the future.

## WOMEN AND FAMILY PLANNING

The family planning contributes to avoid serious illness and deaths occurrence during delivery. The use of contraceptive reduces abortions and also prevents complications from unhealthy conditions of abortion.

Some pregnancies are dangerous for women and their children. Pregnancy is especially risky if one of the four "too's" applies:

- Too Young
- Too Old
- Too Many Births
- Too Close Together



For many women, the constant cycle of pregnancy, birth, and infant care drains their energy and health.

Child spacing can not only help protect the health of mothers and children, it can free women to do other things: to work, study, organize, and eventually gain greater equality with men.

It is women's right to control their own bodies.

## MEN AND FAMILY PLANNING

In the communities, male domination is strong. Some men do not let their wives use contraceptives. The animators may ask, "What do I do when a woman wants or needs to avoid another pregnancy, but her husband will not agree to let her use contraceptives?"

Husbands are usually more considerate if an effort is made to discuss the issues with them at first. When possible, include men as well as women in discussions about family planning.



Family planning is far more likely to be successful when both parents make the decision together and share the responsibility. There are many ways that a man can share the responsibility for family planning. He can remind his wife to take the pill each day, or remember her the appointment date for the injection.

Nevertheless, sometimes a man may refuse to let his wife take measures to avoid pregnancy. The woman may come to the health worker asking that her use of contraceptives be kept secret from her husband. In some parts of the world, this problem provides one of the strongest arguments in favor of injectable contraceptives like Depo-Provera, in spite of some side effects. Many women insist that the injection, given once every 3 months, is the form of birth control that is easiest to keep secret from their husbands.

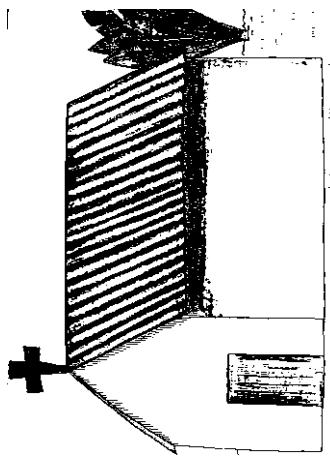
There are no easy answers. But it is easy to make mistakes. For example, an animator might try to talk a husband into cooperating, but by revealing the wife's intention to use birth control.

These situations must be handled with sensitivity. How animators deal with them will depend on local factors and, in each case, the individual couple's relationship.

## RELIGION

## BELIEFS AND FEARS

Religion influences people's attitudes about family planning, and may dictate which methods (if any) are acceptable. It is important that animators respect people's religious beliefs.



Within the same religion, some leaders may be rigid and resistant to change, while others may be more open and flexible.

Some may believe in doing things just the way they have always been done.

Others consider the people's present needs, and interpret the scriptures so as to best serve modern reality. Others argue that if family planning can help protect health or improve the quality of life for a family, the choice should be left to each family's conscience. They point out that the high failure (pregnancy) rate with the rhythm and mucus methods makes the teaching of these methods only unrealistic and — in some cases — harmful.

Most religious leaders support family planning on the grounds that it helps prevent unwanted pregnancies. The religion strongly influences attitudes toward family planning; these matters can be discussed among animators and community people. But the animators will need skill in facilitating such discussions and in raising delicate questions without causing great offense. After a preliminary meeting, it also may help to invite a religious leader to a birth control program to take part in, or participate in the discussion.

### Side effects:

Some contraceptives can have side effects and provoke discomfort. If the women are not informed that some side effects can occur and that it is normal in the first taking months, they will be afraid and stop the contraceptives. Most of the women stop the contraceptive because of side effects in the first months (particularly because of irregular menstruation). To avoid this problem, the new users must know the side effects of the contraceptive methods they use and in this way be confident. If side effects persist after some months, the woman should go and inform the health extension workers. The side effects differ from one woman to the other, because our bodies are different and do not react in the same way to the same method.

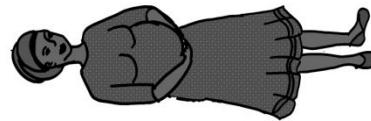
Misconceptions: special food: It is common to hear from the communities that when taking contraceptives, women need to eat special food. It is understandable that if the women have long bleeding period, they think it needs compensation with special food. But from these fact, it seems that the communities create a strong belief that "it is not possible to take contraceptive if you can't eat meat, eggs and milk." And they add that they don't have money to buy this special food so they cannot be user. This point should be raised by the animators to inform them that taking contraceptive don't necessarily require special food.



Women who are using pills, depo injection or implant can continue to eat as usual and are healthy.  
*No special food is needed*

### Misconceptions: Sterility:

It is also a community's fear that contraceptive may make the women become unfertile. They should well understand that when a woman stops taking contraceptives, the chance of becoming pregnant is the same as before. For Depo Provera, it takes few months to become fertile once the injection is stopped.



Some others beliefs may be heard from the communities like:

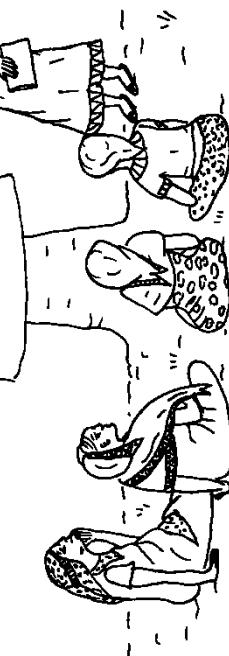
- contraceptive may cause health problems: cancer, goiter, hyper tension
- contraceptive decreases sexual feelings;
- contraceptive may cause birth of twins;
- if you take contraceptive for a long time, you grow old earlier.

## KEYS FOR AN ATTRACTIVE AND EFFICIENT PROMOTION SESSION

- The place you will choose for the education session is important. From previous experiences, we know that if people stay in the sun during two hours, they have difficulties to concentrate. In some villages, the communities have a place dedicated to different group activity. Try to use this place and take care of the shade!



- Using pictures may make the education session more attractive if some points are respected. The pictures have to be seen by the whole group; pictures usually help people memorize the information, as they keep the pictures and the messages in their mind.
- Telling stories is a good way to make the group understand the purpose. After the story, make sure that the audience clearly understand the main messages.
- The language you use, the way you speak have to be adapted to the audience, do not use scientific words but simple ones and use the same vocabulary the community use.
- The number of persons who attend the session must be less than 20. If the group is larger, the level of participation will be lower.



- Authoritarian education is useless and may provoke the contrary effects.
- Trying to force, bribe or shame people into planning breeds anger and distrust

- As much as possible, the facilitator should try to respect a recommended duration. In order to keep the concentration of the group, the discussion must be kept short and concise. The time of the women is precious for their own activities. Lunchtime should also be avoided. Also avoid holidays, market days or special event in the communities.

## Reminder for a successful session

### Qualities of a good animator.

- **Understanding:** You need to put yourself in people' place

• **Respect:** You are polite and friendly with the community members. You are not condescending or arrogant. You do not judge. You do not put pressure on group members to give up behavior that you disapprove of. You respect the confidentiality of the participants. **You are respected, trusted (you should be someone that people turn to spontaneously for advice)**

• **Transparency:** You tell the truth. You do not hold back information that the community need. You tell the community when you do not know the answer and refer to other people (eg: health center).

### Efficient communication method

- **Giving clear information:**

- Face audience
- Use short, simple and familiar words and sentences
- Show pictures and samples to clarify information
- Stop from time to time and ask if everybody understand
- Repeat essential information several times
- Check message has been clearly understood by asking questions
- Whenever possible give examples
- Reinforce positive messages (to ensure that negative

- { You have to be aware that your session will not always run as you planned. You may need to adapt the time or the topic you planned to discuss according to circumstances... }
- { -What is the most important thing that they have learned?  
-What else would they like to know?  
-How did he/she feel when taking part in the activity?  
Evaluating each activity as you go along will help you understand what works best with your group and decide what you need to do next. }

- **Active listening** (to what people says and means. With facial expressions, eye contact, gestures, and posture, you show that you are interested and paying attention).

- **Questions** ( ask open-ended questions, that are questions which begin with *how* or *what*. Use a tone or voice that expresses interest and concern).
- **Summarizing** (This involves reviewing what has happened so far. By doing so, the community knows that you were listening and understood what was said).

### Evaluate what you have done

At the end of each activity, take time to evaluate. Try to answer for yourself the following questions:

- How well did the activity go?
- Did it achieve the goal or goals you set?

You can also ask the participants for their opinion:

- What is the most important thing that they have learned?
- What else would they like to know?
- How did he/she feel when taking part in the activity?

- Animation is not telling people what to do. It is not lecturing.
- Animation involves interpersonal communication.
- Animation implies listening to what is said, answering questions, and asking questions.

### Efficient Animation Technicals

*What do you have to keep in mind?*

- Your activity should have an educational objective.
- You should adapt your activities or materials according to your group
- You should use diverse forms of participation
- You should share knowledge and experience
- Disseminate messages for a behavior change
- Help to acquire skills to take responsible decisions

## Key questions for discussion about Family Planning

- How many children do couples have, in average, in our community?
- Who usually have more children – rich family or poor families? Why?
- What are the advantages of having many children? Or having fewer children?
- What are the attitudes of most people in our community toward family planning? Why?
- Do men often have different attitudes than women? Why?
- Do you know the impact of family planning in gender balance?
- Is the number of people in your village growing? Is there enough land for everybody? Are things getting better or worse? Why?
- Do you know if your church is in favor of family planning? Why?
- Is family planning important? For whom and in what way?

## Key messages for benefits of Family Planning

A BETTER LIFE FOR THE MOTHER	A BETTER LIFE FOR THE FATHER	A BETTER LIFE FOR THE BABY	A BETTER LIFE FOR THE OTHER CHILDREN	A BETTER LIFE FOR THE COMMUNITY
<ul style="list-style-type: none"><li>- She will stay healthy and less tired.</li><li>- She has reduced risks of serious illnesses and deaths that occur during delivery.</li><li>- She prevent high risk pregnancies ( too early, too late, too close and too many)</li><li>- She can give more time and attention to her children.</li><li>- She can be sure all have enough food to eat.</li><li>- She can spend more time with her husband.</li><li>- She has energy to work for more income.</li><li>- She has time to take part in village activities.</li></ul>	<ul style="list-style-type: none"><li>- He can be sure all have enough to eat.</li><li>- He can save money.</li><li>- He has more time for the family.</li><li>- He has more time for community activities.</li><li>- He can work in peace, and enjoy good health</li></ul>	<ul style="list-style-type: none"><li>- The baby can be breastfed for a longer time.</li><li>- The baby is healthier.</li><li>- The baby gets more love and care from parents.</li><li>- The baby can have better food.</li><li>- The baby can have a brighter future.</li></ul>	<ul style="list-style-type: none"><li>- The children are better fed and healthier.</li><li>- They have a better chance of getting an education.</li><li>- The possibility of getting a good job increases.</li><li>- There is more space for living.</li><li>- Children may get a larger share of land from their parents when they grow up.</li></ul>	

## Step1: 1<sup>st</sup> contact (house to house visit)

### Objective

At the end of this first contact, the community members you visited will :

- know who you are and identify the project
- have been invited to the following promotion session

**Time:** Recommended duration per household = 15 minutes

**Technique:** Discussion

### Materials needed

Protocol for house to house visit (cf. below) + one chalk

### Preparation

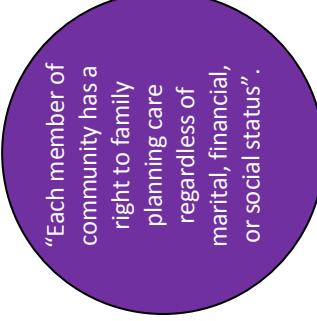
You need to agree in advance with the communities leaders on a precise location, date and time for the implementation of the three group-promotion sessions. The place has to be chosen according to the habit of the communities. See with your supervisor if you have questions on this point.

### Method

1. Introduce yourself, present Inter Aide programs and your mission.
2. Explain to the household visited that you are going to ask them few questions. Stress the fact that this is not a test for their knowledge, but just a method for you to deal with different household situations.
3. Read aloud the statements on the house to house visit protocol, so that you might handle almost every household situation.  
Give a brief description of Family Planning:

**Family planning is a method which allows you to plan when you want to have children and how many you want to have.**

4. Invite the persons to the promotion session. Explain its purpose.  
Give clear information about the precise location, date and time.
5. If the woman/husband signify a clear refusal to come in the group session, propose to come back during the selective house to house visit (4th stage)
6. Cross check each house you visit putting a mark on the door with the chalk.



Important!

The idea of the project is not the child birth reduction it is the birth spacing!

## Important points

This first contact with the community members is the **first step** to promote FP.

- Your priority is **to invite non-user women to come to the session**, but don't be exclusive:
    - Women already using FP can be included in the session as they can testify of their previous experience.
    - Former user women can have more information about side effects and beliefs.
    - Women who already had menopause can also come to the session so that they get information and might share them later even if they are not the main target
  - You have to **discuss with the woman and the husband!**
  - The eligible women are between **15 an 49 years old**
  - Give a **particular attention to the young women** (16 - 25 years old)
  - If you face a refusal (husband decision, side effect reasons...) that you can't solve easily, **refer to the HEW or to the supervisor!!!**
  - All the households of one Kebele have to be visited.
  - Each member of community has a **right** to family planning care regardless of marital, financial, or social status
- Conclusion:**  
Invite the persons to the promotion session  
Give clear information about the location and date!
- Example:**  
"Hello.  
My name is \_\_\_\_\_ and I am working with Interaide.  
Interaide is a French organisation working for different projects with communities in different wordas in Woleyta.  
We are conducting house to house visit to inform men and women about health issues and we would very much appreciate your participation.  
The time of our discussion should not exceed 15 minutes.  
Thanks a lot"

## Protocol for house to house visit

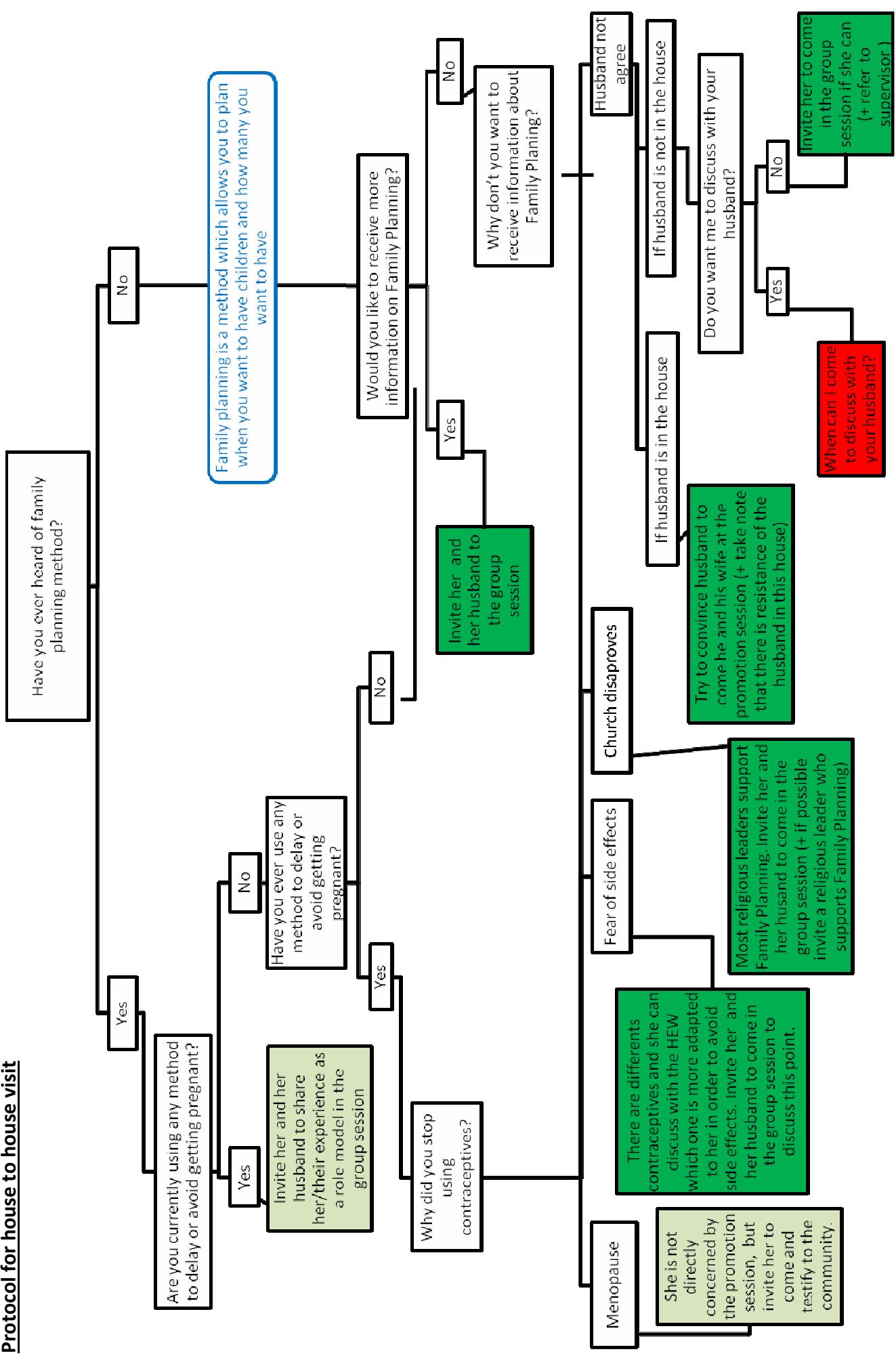
- Intro:**  
**Introduce you, present Inter Aide programs and your mission**

- Correct use of the document**

- Conclusion:**  
Invite the persons to the promotion session  
Give clear information about the location and date.

- Example:**  
"I have finished. Thank you very much for your help.  
There will be a promotion session on (date) at (hour) in (place) and it will be the occasion for you to have more information on the subject of Family Planning. Come.  
Family planning is an individual issue but it is also a community issue, therefore we would appreciate that you come.  
If you want to receive more information also, you can ask the HEW or the health center worker, they will give you advice and counseling and will answer your questions"

## Protocol for house to house visit



If the woman/husband signify a clear refusal to come in the group session, propose to come back during the selective house to house visit (5th stage)

## Step2: First group session

### Objective

- At the end of the group session participants :
- Have understood what is family planning
  - Have understood the importance to plan a family for their health and economic situation

**Time:** Recommended duration: between 1H and 1h30

### Technique :

- Picture code (posters)
- Story telling
- Discussion

**Material needed:** Picture code posters + The text for the storyteller + Flip charts

### Preparation

- Invite religious leaders in advance  
Invite the HEW /Health center workers

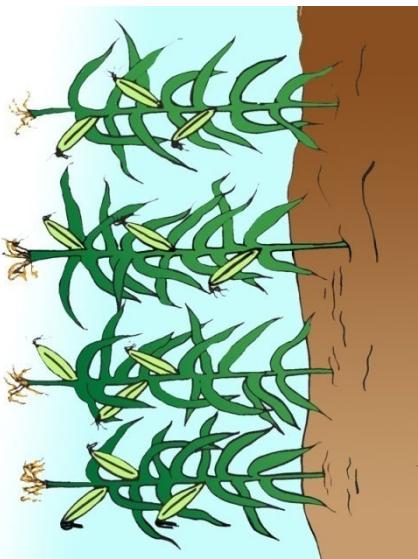
### Method

- 1.Have the group sit in a circle
- 2.Welcome participants
- 3.Explain to the participants that, together, you are going to discuss about Family Planning and how this session will help the community to understand what it is.  
Explain that you are going to proceed with the help of two activities.
- 4.Start with picture code activity (posters of the corn).**
- 5.Hold up picture A in a position where it can be seen clearly by all participants. The picture shows a corn crops field with no space between the plants, they do not grow well and the production is poor . Ask the group to describe what they see in the picture.
- 6.Guide the group through a series of questions which are designed to raise discussion:
  - Why is this happening?
  - Does this happen in real life?
  - What problems does it lead to?
  - What are the root causes of the problem?
  - What can be done to prevent such a situation?
- 7.If time is appropriate, show the group picture B (corn plants growing well) and ask them to suggest what may have happened between the two scenes.
- 8.Summarize what has been said in the discussion.
- 9.Continue with the Story telling activities (Almaz & Abebe)**
  - Tell the participants that you are going to present a small story telling on a couple of farmers who want to know more about Family Planning.
  - Tell the story and remember to show the flip charts in the same time.  
(for story + flip chart, see below)
10. Raise discussion by asking question to the participants. (**see points of discussion below**)
11. Close the activity by letting the group ask any further questions and clarify points that they were unsure of. Summarize.
12. At the end of the session, ask what they have learned. [Did their responses match with what you hoped they would learn?]
13. Invite them to the second group session. Give precise time and location. Thank participants. End of session

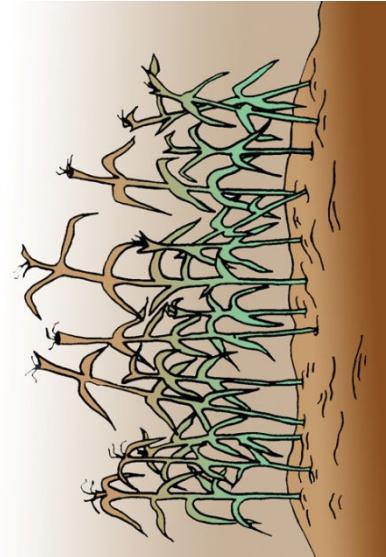
## Picture code activity

- A **picture code** is a poster-sized illustration, which presents a familiar problem (picture A). It is used to focus the attention of the group on this familiar problem.  
A picture code is different from a poster: a poster always poses the solution, a picture code always poses the problem.
- After the picture code is placed in a position where it can be seen clearly seen by all members of the group, guide the group through a series of questions.
  - First, ask them to describe what is happening, then let the group analyse the situation  
(Why is it happening? What problems does this lead to?)
- In the context of family planning, the idea is to allow the group to define the family planning in their own terms: how they understand it, what it means to their own lives.
- Finally, ask for possible solutions to the situation.
  - If time is appropriate, you can show the group a picture of the solution to the problem (picture B) and ask them to suggest what may have happened between the two images.
- At the end of the session, summarize what has been said.

### Picture A: problem



### Picture B: solution



## Story telling

- Storytelling is a common method for providing information and discussion through entertainment.
- In our context, the story of Almaz and Abebe contains messages about Family Planning that have been put into a familiar and traditionally acceptable context.
- It should be followed by discussion.

### Important !

- The impact of the messages contained in the story relies on the capacity of the storyteller to create drama.
- Therefore practice on how to use your voice to create excitement on the group!

### Almaz and Abebe

Almaz and Abebe is a young married couple. They are farmers and have already one child.

One day Almaz asked her husband if he knew what family planning is.

She knew some women who were using this to have a gap between the children.

Abebe answered that he didn't know about family planning but it was better to let God choose when they will have children or not.

Almaz said that even in the church, they were told that it was good to use this modern method. They said that it is good for mother and child health and also for the economic situation of the family and the communities.

Almaz said: "Once the land of your father was big. When he died, it was shared with you and your brothers. Now I'm afraid for our children. What amount of land each one of them will have? Maybe Family Planning can help us"

Abebe accepted to go with her to the health post to get more information.

Abebe and Almaz went to the health post and meet Ermabet, the HEW. Abebe asked the HEW, "my wife told me about this child spacing method but what is really Family Planning?

Ermabet said : "With family planning, couples can plan when they want to have more children, when the wife should rest and gain back her strength, and when to stop having children. It is also a way to have the number of children that can be adequately cared for having regard to your own resources."

### Flip Charts

- Always stand facing the audience when using a flip chart.
- Hold or position the flip chart so that everyone in the group can see the illustration, or move around with the flip chart if the whole group cannot see it at one time.



### **Discussion between the husband and wife**



### **The division of the land of Abébé Family**

*In the Health Post*



Almaz told it is true that his wife was not weak after the birth of their first child.

Emabet said: "Yes. That is the reason it is better for the mother health to have some space between pregnancies."

She added that some pregnancies are dangerous for women and their children. Especially risky for women who are pregnant too early, or too late, for mothers who had too many births or for those who does not allow a gap of at least two years between each births.

Almaz asked how family planning was working.

Emabet said: "Different contraceptive methods are available. They temporarily block the fertility."

Abbebe asked: "but if she starts to take one of these methods, can she be pregnant afterwards?"

Emabet answered that the contraceptives do not make women sterile. When the woman stops, she can become pregnant again as before.

Almaz heard that when the women take the contraceptives, they need to eat special food and she is afraid because they don't have money to buy this food.

Emabet told her that she can eat normal food; there is no need to change the food habit. Then, she explained them the different contraceptive methods and told that health services will help them to make a choice for the method.

She also added that contraceptive method were free.  
Almaz and Abbebe have decided to plan their family.

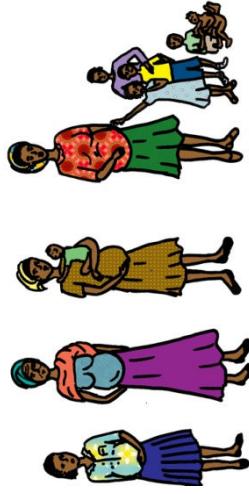
After this discussion, Abbebe and Almaz became more confident with family planning.

With the counseling of the HEW, Almaz has chosen choose the method she preferred. And they decided to have four children with three years space between each.

The older ones go to school, help their parents in the farm and take care of the younger ones.

Almaz is in good health, she has time and energy, she can help in the fields and the family earns better income.

### Risky pregnancies



### Contraceptive are free



**A planned family**  
*Almaz and Abebe family*

- At the end of the story, raise discussion by asking question to the participants.

**Points for discussion:**

- Why Almaz and Abebe were afraid for their children?  
*For their future. And the amount of land that they will receive.*

- Why Abebe and Almaz went to the health post?  
*To have information on Family Planning*

- Did Abebe accepted to go to the health post? Why?

*Yes. Because fertility decision is a responsibility that has to be shared by the couple*

- Why Emabet the HEW said it is better to have some space between pregnancies?  
*The mother have to rest and the body has to recover strength. (=a better health for the mother, for the baby and for the family).*

- What are the 4 groups of women for whom pregnancy is dangerous?  
*Women who are pregnant too early, or too late, mothers who had too many births or those who does not allow a gap of two years between each births.*

- What are the advantages of Family Planning?

*Family Planning helps to protect health and improve the quality of life for a family as it is a way to have the number of children that can be adequately cared for having regard to the resources of the family.*

- What is a contraceptive? Where can it be found? How much that it cost?  
*Contraceptive are different methods that temporarily block the fertility. Contraceptives are accessible in the Health Posts, Health Centers, and in outreach sites. Contraception is free.*

- What is the reaction of the church regarding Family planning?

*Most religious leaders support family planning as it is a way to improve the quality of life for families*

- What Almaz and Abebe have finally decided?  
*To plan their family (= to plan when they want to have more children, and when to stop having children)*

- What do you think of this decision?

**Important:**  
 Use role models during the discussions.  
 Eg: Is there a woman/man here that have decided to plan her/his family and want to talk about it ?

### Step3: Second Group session

**Objective:** At the end of the session participants will:  
-know the different methods of contraceptives, how it works, advantages and disadvantages  
-know where to receive contraceptive and information

**Time:** Recommended duration: between 1H and 1h30

**Technique :** Quiz + Role Play+ Discussion

#### **Material needed**

- Quiz sheet
- The text for the storyteller
- Flip charts
- Samples of different contraceptive methods

**Preparation:** Invite the HEW /Health center workers

#### **Method**

- 1.Have the group sit in a circle
- 2.Welcome participants
- 3.Explain to the participants that this session will help the community to understand what are the different contraceptives.  
Explain that you are going to proceed with the help of two activities.
- 4.**Start with a small quiz as a refresher of the previous session.** (see below)
- 5.Ask the different questions and let the group answer one by one.
- 6.Review the questions and answers with the whole group. Make sure everyone agrees which answers are the correct ones. Give additional information if necessary.
- 7. Continue with the role play activity on the different contraceptive methods.**  
8.Tell the participants that you are going to perform several small plays to illustrate the different methods.
- 9.Ask for volunteers to act the following roles: Two pill users/ Two depo users/ Two implant users/ The HEW/ The story-teller.
10. Read the script aloud.
11. Give instructions to the other actors in the play (for script + actors instructions see below)
14. Raise discussion by asking question to the participants. (**See points for discussion below**).
15. Close the activity by letting the group ask any further questions and clarify points that they were unsure of. Summarize.
16. At the end of the session, ask what they have learned. [Did their responses match with what you hoped they would learn?]
17. Invite them to the third group session. Give precise time and location. Thank participants. End of session

## Quiz

- Quizzes are appropriate techniques to test the knowledge of the participants on certain issues, although it should not be presented as an exam that they can pass or fail.

- It offers an opportunity for the facilitator to fill in areas where there is a lack of knowledge.

questions	Expected answers (let the community answers then complete if necessary)
- What is Family Planning?	It is the methods which allow the woman and her husband to plan when they want to have children and how many they want to have.
- Why are some pregnancies dangerous?	Some pregnancies can be dangerous if the mother is too young or too old to have babies, or if she have too many children or if each of her pregnancy is not separated by 2 years at least. These pregnancies are dangerous for the mother and for the baby.
- Why it is better to have some space between pregnancies?	A mother need rest after one pregnancy and should let her body recover. Otherwise she will be tired, and the new child could be weak, the mother will also have less milk for the child who is breastfed.
- What are the advantages of Family Planning?	It is good for the mother and child health It is good for the economic situation of the family and the communities
- Where do you go if you want to have more information about Family Planning?	Health centers, health post, Intermedia animators.
- What is contraception? Where can it be found? How much that it cost?	Different methods that temporary block the fertility and avoid to get pregnant. Contraceptives are accessible in the Health Posts, Health Centers, and in outreach sites. Contraception is free.
- Name 3 contraceptive methods.	Condom/ Depo (injectable)/ Pills/ Implant

## Role plays

- Role playing involves presenting small plays, which describe possible real-life situations. It is also useful to practice situations. (For example, practice going to a health center and asking for information. This preparation will help to provide some skills)
- In role play we take on someone else's character. A situation or problem is given to the group and volunteers take on the roles of the people involved. What they say to each other should be agreed only roughly beforehand. Role play needs no rehearsals or written script and no literacy skills at all. A role play never lasts long; five minutes is OK.
- The other members of the group watch carefully.
- The discussion after the play is an important part of the activity. It is aimed at analyzing what has been heard and seen.
- It is important at the end of the role play to stop pretending to be somebody else and return to reality.

The animator has to describe the 4 main contraceptive methods accessible in the health posts. This activity only focuses on the modern methods. Natural methods exist but are not totally reliable.

**Important:**  
Use role models during the discussions.  
Eg: Is there a woman here that use a method and want to talk about it?

## Scripts of the role play for the story teller

### Role play 1:depo

#### Storyteller:

-This is the story of two women who go to the health post to take contraceptive. They have received information on the different method by the HEW. She has given them information and advice, and told that they can both use long-acting injectable. So both of the women have decided to take the injection method called Depo-Provera. The HEW says it was very effective and very safe and they only have to have an injection every 3 months.

(2 women come forward; they are welcome by the HEW and stands in the middle of the group. The HEW pretends to make an injection to both of them and the women go back.)

#### Storyteller:

- Three months later, the two women meet again in the health post.

(the 2 women come forward, they are welcome by the HEW and stands in the middle of the group)

#### Storyteller:

- The HEW asks them if they had any side-effect? The first woman tells that she had no problem at all, so the HEW makes her a new injection.

(The HEW pretends to make an injection. The woman goes back)

#### Storyteller:

- The second woman tells that she had irregular bleeding and also sometimes small headaches. The HEW says it is very common at the beginning of this method to have irregular bleedings. The headaches were less common so she proposes the woman to switch for another method.

(The woman put an hand on her belly and on her head. The HEW show her one implant and one tablet of pills).

End of role play.

**At the end of this role play, raise discussion by asking question to the participants.**  
**Points for discussion:**

- Why the HEW said the woman can have long-acting injectable?

*Most women can usually take this method but some with serious health conditions cannot. The HEW checks with you.*

- What the HEW said when a women come back to the health center?

*If they had any side effects. If so she proposes to switch method. Side-effects are not a reason to stop family planning. Method can be changed!*

- Why some women have irregular bleeding at the beginning of the take of this method.  
*It takes time to the body to adjust.*

**Develop information on advantages and side effects of this contraceptive method:**

**Specially on:**

- **How does it work?**: injection every 3 months that temporarily stops fertility.

- **Advantages:** it is a reliable method; it is very easy to use. It is long-acting.

- **Disadvantage:** It takes a few months to become fertile once you stop the injection.  
It can cause irregular periods and sometimes stop it, particularly in the first months.

Remember that everybody is different and so a lot of women will react differently.  
Side-effects often go away or lessen between the second and third injection.



When speaking of depo show this image to the participants

## Role play 2: pills

### Storyteller:

- This is the story of two women who go to the health post to take contraceptive. They have received information on the different method by the HEW. She has given them information and advice and told that they can both use pills. So both of the women have decided to take this method. The HEW said it was very effective and very safe but and they had to remember to take it everyday. Come back at the end of the month when the tablet is over.  
(2 women come forward, they are welcome by the HEW and stands in the middle of the group. The HEW pretends to give each of them a tablet of pills and the women go back.)

### Storyteller:

- One month later, the first woman goes back to the health post. The HEW asked her if she had any side-effect. She said she had a bit of nausea but except this it was OK. The HEW said it was common but not a sign of illness; she gave her a new tablet of pills.

(One woman comes forward; she is welcome by the HEW and stands in the middle of the group. She touches her stomach, the HEW gives her a new tablet, and the woman goes back).

### Storyteller:

- Almost two months later, the second woman come to the health post, she said her tablet is finished. The HEW asked her why she didn't come earlier. She said she forgot to take the pills sometimes. The HEW makes a pregnancy test. She is pregnant.  
(Second woman comes forward; she is welcome by the HEW and stands in the middle of the group. The HEW is worried. The woman is not very concerned. The HEW touches her belly.)

End of role play

### At the end of this role play, raise discussion by asking question to the participants.

#### Points for discussion:

- What happened to the woman who forgets to take pill?  
*She has missed pills so she get pregnant*
- what the HEW said to the first woman when she said she had nausea  
*She said it is common and not a sign of illness.*

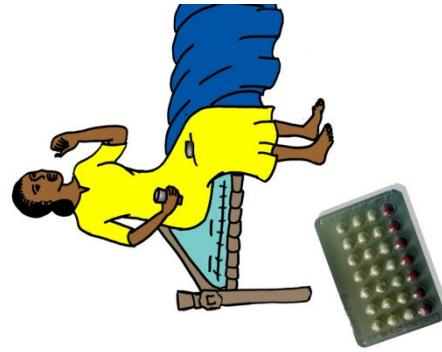
### Develop information on advantages and side effects of this contraceptive method:

- How does it work?: everyday orally intake pills that temporarily stops fertility.
- **Advantages:** Helps reduce menstrual bleeding and cramps, it is a very reliable method and is easy to use. It also reduces menstrual pain
- **Disadvantages:** a pill must be taken every day and can easily be forgotten. If a woman forgets to take a pill, she must use another contraceptive method for the rest of her cycle to prevent pregnancy.

#### Remember:

- Different people have different reactions to methods.
- About half of all users never have any side-effects.
- Side-effects often go away or lessen within 3 months.

When speaking of pills show this image to the participants



### **Role play 3: the implant (do this role play only if implant are available in a close-by health centre)**

#### **Storyteller:**

-This is the story of one woman who goes to the health post to take contraceptive. She wants to have a 4 years gap between her children. She has received information on the different method by the HEW. She has given her information and advice and told that she can use implants. So the woman decided to take this method. The HEW said it was very effective and very safe and they have nothing to remember. She says it is small plastic tubes that are just visible under the skin. They are inserted and removed by trained personnel.  
(1 woman come forward, she is welcome by the HEW and stands in the middle of the group. The HEW pretends to insert an implant with a syringe in the arm and the woman goes back.)

#### **Storyteller:**

- Two year later, the woman comes back to the health post. The HEW asked her if she had any side-effect. She says she had irregular bleeding at the beginning but except this it was OK. She says she has changed her mind and taken the decision with her husband to have another child so she wants the implant to be removed.  
(The woman comes forward; she is welcome by the HEW and stands in the middle of the group. The woman shows the implant)

#### **Storyteller:**

- The HEW tells that there is no problem; she can be pregnant soon after the implant has been removed. She says she needs to go to the health center so that the implant is removed safely.  
(The HEW sends the woman to the health centre).

End of role play

**At the end of this role play, raise discussion by asking question to the participants.**  
**Points for discussion:**

-What the woman did when she decided to have another child?

*She went to the health post for information. She can be pregnant soon after the implant is removed.*

-Where should she go to have the implant removed?

*To the health center. It needs to be removed by trained personnel.*

**Develop information on advantages and side effects of this contraceptive method:**

- **How does it work?**: Small plastic tubes placed under the skin of the upper arm that temporarily stop fertility.
- **Advantages**: very easy to use, no risk of forgetting, efficient during 3 or 5 years.
- **Disadvantages**: irregular periods or prolonged bleeding (at the beginning), headaches, acne. Implant can be inserted at the health post but it has to be removed at the Health Center.



## Role play 4: the condom

### Storyteller:

The first woman comes to have information on the different method. The HEW counsels her and the woman tells that she will try pills but she adds that she want to have a set of condoms as a backup in case she forgets to take the pills. The HEW says that she was right and that it will work as extra protection. The HEW shows her how to use condom. She gives the woman a tablet of pills and a set of condoms.

(The HEW gives a tablet of pills and box of condom and the woman goes back).

### Storyteller:

The second woman has been using condoms as contraceptive since a long time. The HEW asks to the woman "Do you feel happy with the choice of this method?" The woman says it is very effective, easy to use, and there is no side-effects. She says that they have discussed the condoms with her husband and it is ok for both of them. She says that sometimes, her husband also go to the health center to get supplies of condoms.

The HEW gives her a set of condoms.

(The HEW gives a box of condoms and the woman goes back)

End of Role play

**At the end of this role play, raise discussion by asking question to the participants.**

### Points for discussion:

- What the first woman asked to the HEW?

*She asked to have a set of condoms as a backup in case she forgets to take the pills.*

- What the second woman tells about condom use?

*That it is very effective in preventing pregnancy, easy to use and there are no side effects.*

### Develop information on advantages and side effects of this contraceptive method:

- **How does it work?** A rubber sheath that covers the penis during sex and prevent contact of semen and vagina.

- **Advantages:** Condoms can be bought in many places, they can be used by everybody, and they are very reliable when used correctly.  
They are very effective in preventing pregnancy. It's the only contraceptive method that prevents against HIV and other STIs.

- **Disadvantages:** Condoms can only be used once; it can burst if not used correctly, it can lower sexual satisfaction.

The condoms are accessible in the Health Posts and Health Centers freely. The Health Extension Workers can show how to use it.  
Has to be used during ALL sexual contact.  
Usually partners need to discuss. (=it requires partners cooperation)

- Ask the participants if they have understood the use of these contraceptive methods. Are they ready to use one of these methods?

- Inform the group on where they can find contraceptives. Encourage them to ask the Health Extension Worker for more information. Repeat that the HEW is here to give information and advice, so that the women can choose the appropriate contraceptive method.

- Repeat that contraception is not dangerous for health. The women's body reacts differently to the different methods: some may have side effects while others don't. If the side-effects are not tolerated, they should ask the Health extension to change the method. Side-effects are not a reason to stop Family Planning.



When speaking of condoms show this image to the participants

## Step4: Third group session

<p><b>Objective:</b> At the end of the session participants will:</p> <ul style="list-style-type: none"><li>-Have dispelled a certain amount of false beliefs regarding contraception</li><li>-Have understand how to deal with rumors and misconceptions about contraception</li></ul> <p><b>Time:</b> Recommended duration: between 1H and 1h30</p>	<p><b>Technique :</b></p> <ul style="list-style-type: none"><li>- Quiz</li><li>- Discussion</li></ul> <p><b>Material needed</b></p> <ul style="list-style-type: none"><li>- Quiz sheet</li><li>- Flip charts</li></ul> <p><b>Preparation</b></p> <p>Invite the HEW /Health center workers</p> <p><b>Method</b></p> <ol style="list-style-type: none"><li>1. Have the group sit in a circle</li><li>2. Welcome participants</li><li>3. Explain to the participants that this session will help the community to dispel rumors and misconceptions about family planning and contraception methods.</li></ol> <p>Explain that you are going to proceed with the help of two activities.</p> <ol style="list-style-type: none"><li>4. <b>Start with a small refresher of the previous session.</b></li><li>5. Ask the different questions and let the group answer one by one.</li><li>6. Review the questions and answers with the whole group. Give additional information if necessary.</li><li>7. <b>Continue with the "Fact Or Myths" Quiz on the false beliefs.</b></li><li>8. Stress the fact that this is not a test for their knowledge, but just a method to look at the many rumours about family planning which are sometimes true facts, but may sometimes be false myths.</li><li>9. Read aloud the statements and have the participants vote on <b>FACT</b> or <b>MYTH</b> (keep in mind that some participants may be influenced by the opinions of their peers).</li><li>10. Have a discussion about each statement. Make sure everyone agrees with the correct answers. Give additional information if necessary.</li><li>11. Close the activity by letting the group ask any further questions and clarify points that they were unsure of. Summarize.</li><li>12. Thank participants. End of session</li></ol>
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## Small refresher of the previous session

<b>Questions</b>		<b>Expected answers (let the community answers then complete if necessary)</b>	
- Name 3 contraceptive methods		- Depo (long-acting injectable) - Pills - Implant - Condom	
- Why is it important to ask for counseling with the HEW?		- The HEW can discuss with each woman what is the more adapted contraceptive method.	
- What can happen if you forget to take the pill?		- You can get pregnant	
- What are the advantages of Depo?		- It is a very effective and easy to use method. You have an injection every 3 months	
- What is the more common annoyance of some contraceptive methods?		- Some methods can cause side-effects such as nausea, headaches, or heavy menstrual bleeding. But remember that women who experience bad side-effects can switch methods.	

## Facts or Myths

- Many people have heard stories about family planning methods which often make them fearful of using contraception.
- Ask the following quiz to the participants and when correcting together give them the correct information. (show flip charts when available)
- Do not make fun of their misconceptions!

<b>Rumor</b>		<b>Fact</b>	<b>Myth</b>	<b>Explanation</b>
With contraception women cannot be pregnant anymore.		X		The only methods that permanently prevent pregnancy are female sterilization and vasectomy. Women can become pregnant again soon after stopping all other methods (except long-acting injectables; fertility returns but takes longer).
Churches are against the contraceptive		X		Most church leaders approved the Family Planning as it can protect health and improve the quality of life of the family.
If contraception fails, the baby could be born with abnormalities.		X		No method causes birth defects.
Contraception causes changes in weight.	X			Some methods may cause small changes in weight, either gain or loss. Long-acting injectable cause the most noticeable changes, with users gaining on average 1 to 2 kg each year.
When women take the contraceptive methods, they need to eat special food.		X		No contraceptive method causes disfigurement or swelling.
				Women using contraceptive method can eat their usual food, there is no need to change the food habit.

Contraception is bad for your health.		For most of the women using contraception, the health benefits of any method are far greater than any risks from the method. Some methods can cause side-effects such as nausea, headaches, or heavy menstrual bleeding. But first it is not usually a sign of illness, it is usually because the body need to adapt to the method and remember that women with bad side-effects can switch methods.
Women are weak when the use contraceptives.	X	Contraception does not affect strength or cause weakness in healthy women. But women who does not allow a gap of 2 to 3 years between each pregnancies might, them, get very weak.
Family planning is a Western idea	X	Modern family planning methods have been tested and used all over the world. Millions of people use these methods. They are the best way to plan families because they are safe, easy to use and widely available.
Women using contraception have difficult delivery	X	Difficult delivery is not due to contraceptive methods. Delivery could be different from one woman to another. However difficulties during delivery might be increased considering the age of the woman (too young, too old), the number of children that she gave birth to and the space between each pregnancy that she respected.
Contraceptive may cause goiter and cancer.	X	There is no evidence of risks of goiter. There has been a concern that some methods (pills, injectables, implants) may increase cancer risk, but evidence now shows that there is little risk for most women.

- Ask the participants if they have questions related to some conceptions of family planning they can have and give accurate information if necessary.
- Ask the participants if they have understand how rumors and misconceptions are caused by distorted information.
- Tell participants that the best way to dispel rumors and misconceptions is to have the information from an expert. Encourage them to see the Health Extension Worker, Health Center Workers to get more information.
- Use role model to testimony.
- Inform the group one more time on where they can find contraceptives.
- Repeat that contraception is not dangerous for the health. The women's body reacts differently to the different methods: some may have side effects while others don't. Take the opportunity to repeat that if the side-effects are not tolerated, they should ask the Health extension to change the method. Side-effect are not a reason to stop Family Planning.

## Step 5: Specific Family support (house to house visit)

- Objective:** at the end of the house to house visit,
- the person visited will be more confident with family planning in order to ask questions in intimate environment
  - the person visited will understand the importance of family planning

**Time:** Recommended duration per household = 20 to 30 minutes

**Technique:** Discussion

**Materials needed**

Flip Charts

Samples of contraceptive methods

**Preparation**

It's better to have an appointment in advance with the household visited for the visit.

**Target**

This 5th step is dedicated to:

- Women who have shown difficulties to understand the key messages in the group sessions  
(During the session some women may have shown difficulties in understanding the messages, or may have been uncomfortable with the subject. An individual contact with these women can make them more confident and help them dispel misunderstanding.)
- Women who did not attend the group sessions: with a priority for younger women (see below)  
If you identified women who didn't come to the session, try to meet them in their house and to have a discussion with them about Family Planning, to get their point of view and give them the main information.
- Women who signify a clear refusal to come to the group session during the first house to house visit but with whom you have agreed on a house visit.

**Method**

- Explain to the household visited that, together, you are going to discuss about Family Planning and how this will help them to understand what it is.
  - Give essential information on Family Planning:
- What is Family Planning?
- Why are some pregnancies dangerous?
- Why it is better to have some space between pregnancies?
- What are the advantages of Family Planning?
- Where do you go if you want to have more information about Family Planning?
- What is contraception? Where can it be found? How much that it cost?
  - Encourage the household to see the HEW to have more information.
  - Let the household ask questions. Answers them.

## Specific approach when dealing young women

- You have to help the young women to understand that early pregnancy has causes and consequences.

- You can start your discussion with the following questions:  
Let the woman/man answer before going further:

- When is it a good time to be parents?
- Who decides it is time to have children?
- Do you think it is good to be parents very young?
- Can a plant give good fruit if too young?
- Can a cow produce a good veal if too young?

- Here are some keys to develop discussion after these questions:

Every living creature goes through development stages in its life-cycle, be it plants, animals or humans. Therefore all of these stages need to develop fully.

In human beings, a child cannot possibly get pregnant, also an adolescent/young woman should delay to get pregnant and give birth since her biological and psychological development is not completed enough to enter the stage of pregnancy and deliver safely.

- Can a plant give good fruit if too young?

**Men** need to be grown up to be able to produce sperm. But also, men need to be grown up to be able to take responsibility for his family: have a place to live, a work, etc.  
**Women** can have early period. However, they need to be fully grown up to be able to carry the baby safely for both of them. She needs to be grown-up as well in order to have time to receive education, and be mature enough to be ready to take in charge her family.

By looking at these issues, early pregnancy risks need to be reduced by delaying a pregnancy up to the stage when a woman is biologically and psychologically prepared to have children and become a responsible parent and have healthy babies.

- What can be the consequences of too early pregnancies?

- Physical consequences?
- Social consequences?

- Expected answers could be: difficult and dangerous pregnancy and delivery/ risk for the baby / the girl has to drop school ...

- **Men and women have the possibility and the capacity to choose when they want to become parents.** Not only to avoid too early pregnancies but also to avoid unwanted pregnancies, too numerous pregnancies, too close pregnancies. This is called **Family planning**.
- **Family planning means that you plan when, how many children you want.** For example, you can try to avoid too early pregnancies, too many children. Family planning helps you to have children in a way that is healthy for you.

**There is a good time to be parent:** when you are a fully developed adult, when you have finished school so you can have a good job and earn an income so that your children can go to school as well. When your body is ready and then you can have **healthy pregnancy and healthy children**.  
There is also a **good way to be parent:** you have to be able to take care of all your children. It means that you need to have enough income to feed, send to school, care for all your children. If you have too many, you may not be able to take care of them all. What do you think of that?

- In the health post/health center, you can have access to different kind of contraceptive methods. Go to discuss with the HEW about contraception and family planning.
- Don't forget that family planning is a way to help you to raise wanted children in good conditions.