

ANNEXES



ANNEX A

STORY CARDS - SUPPORT

STORY CARDS - CHOICE

ACTIVITY CARDS





Responding to unmet family planning needs



Akouvi talks about family planning with her mother-in-law

SUPPORT 1



Akouvi and Nadège, two married sisters in the village, are talking in Akouvi's kitchen with Yuwa, their little sister.

Nanouba, Akouvi's mother-in-law, and Grace, her sister-in-law, are also there. They are happy to be together chatting because they do not see each other often.

After talking about everything and nothing, Akouvi tells the other women that she is happy to have beautiful healthy children. She explains that she and her husband want to make an effort to take good care of them.

Nanouba, her stepmother, says, "You gave three beautiful healthy children to Kouèchi and I am sure you will give him others. Four like I gave to my husband or five like your mother gave to your father." The younger women, Yuwa and Grace, give each other worried glances. They are not so sure they want five children. They want to know if it is possible to choose when to have children and to determine how many they want.

Akouvi knows that her stepmother is quite traditional

and that she wants many more grandchildren. This is the time to explain certain things even if Akouvi fears her reaction. She starts with a little hesitation, "Kouèchi and I have chosen to use family planning. This will allow us to have the number of children we want, when we want them, and also to wait until a child is older before giving him or her a little brother or sister. We talked about it and we made this decision together. We want Elias, our youngest, to grow strong and healthy first before we have another child."

Nadège also speaks. She says, "Gossou and I have been using a method for the past two years so that I do not fall pregnant. Until now, I was afraid to talk about this with other women, even my own sisters." She continues, "I learned about them by listening to the words of songs that address this topic. I knew of the importance of spacing births. There is a lot of support for family planning in the village, but people still think that it is shameful to talk about the use of these methods to avoid pregnancy. It is difficult to know who will support us. We do not want to hide anything, but there should not be a sense of shame about using these methods to avoid getting pregnant." In the end, Akouvi says, "Kouèchi and I ask for your support in this decision that we have taken."

REFLECTION QUESTIONS

1. In your opinion, why was Nadège afraid of telling other women that she is using a form of family planning?
2. Do you think that support from your own family would be important if you decide to use family planning? Why?
3. Why is talking about family planning important for the young women in this story?

Call to action!

🔊 Read the following text out loud :

Suppose you want to start using a family planning method that allows for the number of children you want, when you want to have them. Who in your family could support you in your decision? Try having a discussion with someone in your family who could participate in a conversation about these things. Can you have such a discussion with a non-married woman?



Responding to unmet family planning needs



Kouèchi can be a real man and practice family planning

SUPPORT 2



Kouèchi, Akouvi's husband, and Gossou, Nadège's husband, sit in their favorite meeting spot under a tree playing Dominos with their friends Charles and Thierry. They talk about their problems in working the field, and how hard it is to sell their corn in the village. They are having trouble providing for their families because of the lack of money.

At today's meeting of the association of corn producers, Thierry, a father of four, felt targeted when he was told that a good father should take care of his family.

Charles, who is married but does not have children yet, asks Thierry how to be a good father. Kouèchi and Gossou give their opinion.

Thierry is annoyed because someone talked about family planning as a means to better meet the needs of the family and be a good father. He does not agree, and does not understand how using family planning could make him a better father. He believes he will never be a well-respected man until he has several children. In addition, the other villagers will think that his wife can control him.

Kouèchi tells his friends that his wife and he decided to use family planning to space the birth of their next child. They talked to Gossou and his wife, who have been using family planning for over two years.

"It is true" answers Gossou, "we hid it from people for a while, but when Akouvi and Kouèchi talked about it, we also confessed about ourselves and encouraged them. I hope that you, my friends, will agree with the choice we made. We did not want you to hear from someone else."

REFLECTION QUESTIONS

1. Would you tell your friends if you decided to use family planning to avoid becoming pregnant? Explain.
2. What should the ideal man do to take care of his family?
3. What should the ideal woman do to take care of her family?
4. Can men play the role of women and women play the role of men?

Call to action!

- 🔊 Read the following text out loud :
Try to have a discussion with friends about what makes an ideal man or woman, and how these ideas impact what you do in life.



Responding to unmet family planning needs





Nanouba gets angry

She wants many more grandchildren

SUPPORT 3



After deciding with her husband to plan the births of their children, Akouvi informs her family and asks for their blessing.

Her mother-in-law Nanouba is angry. She does not like to see her son diminish himself by doing what his wife tells him. The villagers will think her son is weak, that his wife has imposed the use of this kind of method. They will make fun of him. A good wife should always listen to and respect the opinions and decisions of her husband.

Nanouba says, "You take good care of your children. Why would that change if you had another?"

Akouvi explains, "The birth of my last son tired me. I talked with Kouèchi and we decided to wait a few years before having another child so that I have the time and strength to take care of my children and husband. That is the duty of a good wife."

Nadège adds, "I felt the same fatigue after the birth of my last child." Both speak of the difficulties they have in raising their children. Grace, Akouvi's sister-in-law, asks how a method to prevent pregnancy can change that.

Nanouba says she heard that these methods are dangerous and make it so that women can no longer have children. "No", replies Akouvi "methods like the pill and condoms do not make women infertile."

Nanouba exclaims, "But you will not be able to get pregnant quickly."

Akouvi says, "If I stop the contraceptive method, I can get pregnant quickly once my body is ready. One of my friends who did the same thing to avoid getting pregnant until her baby got a little older just had a beautiful baby girl."

Nanouba is dissatisfied because she believes that God decides when a couple should have children and she wants many grandchildren in order to gain the villagers' respect and show them that her son was raised well.

REFLECTION QUESTIONS

1. If you were Akouvi, what would you do to change Nanouba's opinion on using family planning?
2. Why do you think that using family planning makes Akouvi a good wife? A good mother?
3. How could the use of family planning change the life of a family? Explain.

Call to action!

🔊 Read the following text out loud :

If you want to use a family planning method for your family, to whom would you mention it? How would you ask for their support? Practice requesting support from someone.

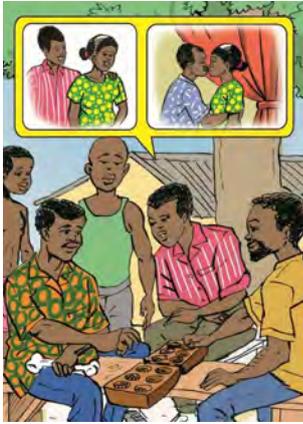


Responding to unmet family planning needs



Kouèchi's friends do not help

SUPPORT 4



Kouèchi and his friends Gossou, Charles and Thierry sit in their favorite meeting spot under a tree playing Dominos. Kouèchi and Gossou think that using family planning can help them take better care of their family because it means fewer people to provide for and more time to save money between births. Charles and Thierry are shocked by this news.

Charles does not have children yet and for him these methods are dangerous. He says, "I have heard that it prevents our wives from having children." "No" says Kouèchi, "methods such as the pill or injections can disrupt a woman's period or lead to weight gain, but she can become pregnant quickly when she stops using them, usually after a few months. All these methods allow us to space births while having sex freely." Laughter erupts under the tree, showing that

other people are listening. Kouèchi feels embarrassed. He wonders what people will think of him.

A man says, laughing, "You want to keep your wife beautiful and strong so that she can satisfy you! Nobody wants a weak wife."

Kouèchi recounts his conversation with his wife. Thierry and Charles are surprised. "You talk about these things with your wife?" Gossou tells them, "I advised him to talk to his wife." They begin to make fun of Kouèchi and Gossou, saying they are lesser men to talk to their wives about such things. Gossou says, "And you? You do not talk about it with them?" Thierry becomes angry. "We are the men, we bring home money, we decide and they do what we say." He gets up and leaves.

Kouèchi is unsure about himself. What will others think of him? He thinks to himself, "I must be a real man, but I really like the idea of spacing births. But what if this man who courts my wife at the market manages to conquer her? She could have sex with him without fear of getting pregnant and I would never know!"

REFLECTION QUESTIONS

1. How does encouragement from Akouvi to adopt family planning help Kouèchi to be a good husband?
2. Do the men in your community talk to their wives about such things? Why or why not?
3. Does the fact that a husband discusses family planning with his wife make him less of a man? Why or why not?

Call to action!

-  Read the following text out loud :
Think of a friend you enjoy talking with and try to talk to him or her about family planning this week.



Responding to unmet family planning needs



Nanouba realizes that family planning could help her family

SUPPORT 5



Akouvi and Nadège spoke of their decision to use family planning to Nanouba, Akouvi's mother-in-law, who left, upset, to speak with her friends. Grace, Akouvi's sister-in-law, asks after the departure of her mother: "Are the modern methods you mentioned really safe?" "Yes" answers Nadège, "they are effective. Some may have drawbacks for some women, but all in all, they are completely safe." Nadège says, "I just gained a little weight." Her sister Yuwa laughs and says "And I thought it was because your husband Gossou became rich!" Nadège answers, "Gossou and I are going to try to have our third child. We have saved enough money and our oldest will soon go to school. We are ready now."

Grace and Yuwa ask more questions about married life and how to speak to their husbands

about the subject of children. Yuwa is very interested because she is afraid that she will be married to an older man.

Meanwhile, Nanouba meets with her friends at the market. She recounts to them what her daughter-in-law told her. Ami, her best friend, calms her and explains that if Akouvi uses an effective method that allows her to space their births, it means that life will be easier for Nanouba. She will not have to watch Akouvi's children as often because Akouvi is sick or pregnant. She also says that Kouèchi will have more time to work the field and earn a lot of money to take care of his parents in their old age. Nanouba starts to better understand the value of family planning and asks questions about the benefits of modern methods. In the end, she says, "I think that this discussion could be useful for my other daughters and daughters-in-law." The women discuss how to start talking about these things with their sons to help their daughters-in-law.

REFLECTION QUESTIONS

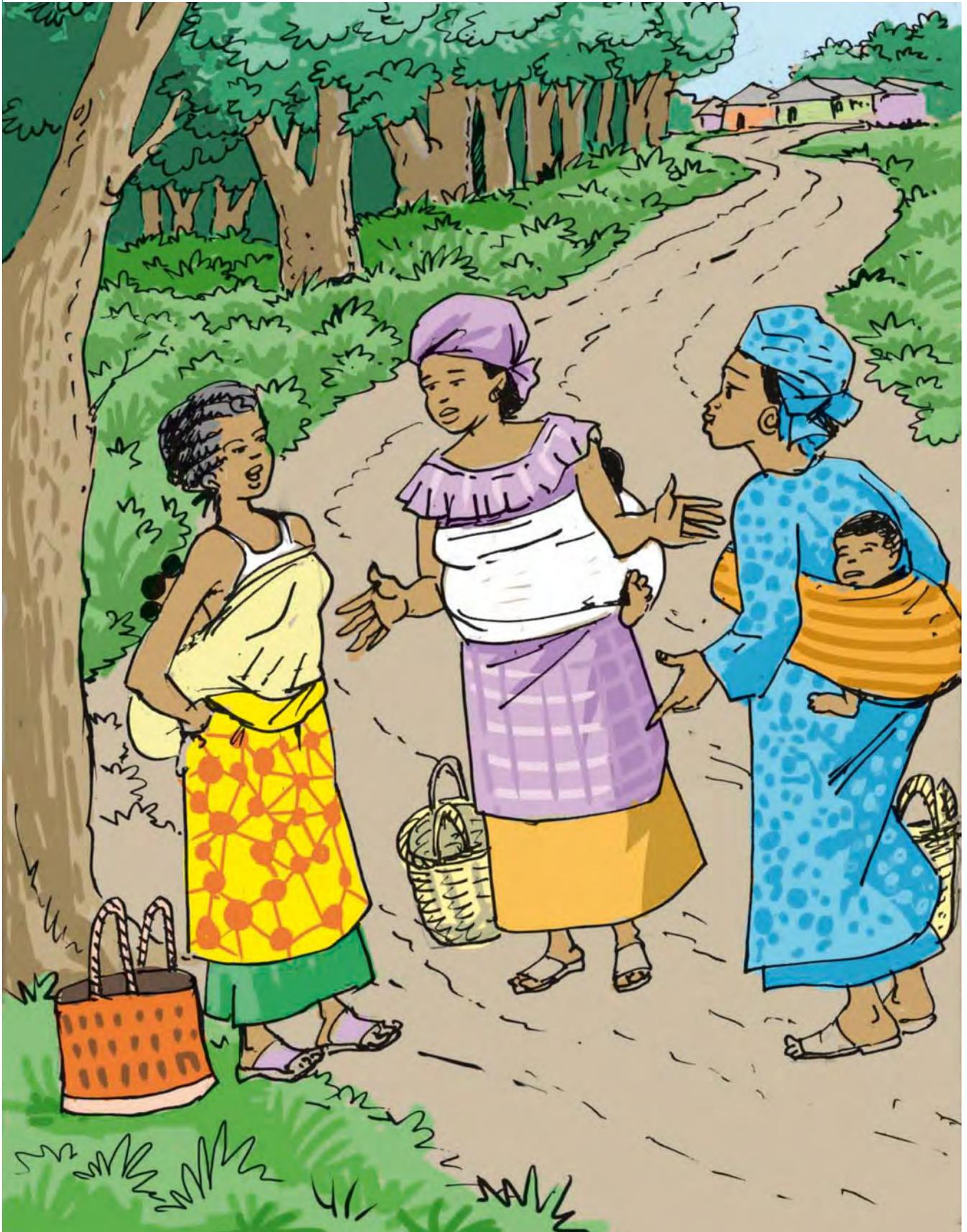
1. Do mothers-in-law discuss with their sons or daughters about the family's well being? Why or why not?
2. Do you think younger girls should listen and participate in conversations about family planning? Why?
3. How do families like those in the story differ from the rest of the community in the way that they accept family planning?

Call to action!

-  Read the following text out loud :
Choose several people from among your friends and family that support family planning, and encourage them to talk with other people about the benefits of family planning.



Responding to unmet family planning needs



Women in the village run the risk of pregnancy but don't know it

SUPPORT 6



Three women, Julie, Fifonsi, and Ananou, their children on their back, are on the way to the market. They chat while walking.

Fifonsi says to the others, "Let us stop under this tree for a little talk. Julie, what is your secret? I see that your child is almost one and a

half years old. How do you and your husband manage to avoid an unwanted pregnancy?"

Julie shakes her head and breathes deeply. "Do you not see my difficulty? My husband is not here anymore. He rarely comes to the village; so we rarely have the opportunity to have sex."

Fifonsi responds, "I am sorry for your difficulties. I do not have that problem. I regularly make love to my husband, but I cannot get pregnant at the moment because my periods have not returned since the birth of my daughter Ahouefa. In addition, I use the traditional belt method."

Ananou says, "I decided with my husband to have a total of four children, each three years apart. Moreover, we know that I can get pregnant easily, although I continue to breastfeed my baby and I also have not seen my period return. Because of this, my husband accompanied me to talk about our possible choices with the midwife, and I am using pills. The midwife also explained to us that traditional methods are not as safe as the modern methods available in health centers."

She continues, "You two are taking unnecessary risks. With the cost of living today, it is important for us women to talk with our husbands in order to make responsible decisions about family planning. Julie, what would you do if a pregnancy occurred, perhaps with sickness? You are weak, and you cannot even work to repay your micro credit. And you Fifonsi, using the belt, if you fall pregnant before your periods resume, what will you do?"

REFLECTION QUESTIONS

1. Why are Julie and Fifonsi at risk?
2. If you were in Julie's place - you want to have sex with your husband when he returns from a trip without getting pregnant - what would you do to ensure you do not get pregnant?
3. Can you talk to your husband about how you might want to space the births of your children? Why? Or why not?

Call to action!

 Read the following text out loud :

Go talk to your husband and other friends about the risks a woman faces if she uses a traditional method or if she gave birth but doesn't have her period yet.



Responding to unmet family planning needs



Rumors about how family planning can kill

SUPPORT 7



Afi, the wife of Edah, receives a visit from her friend Akoko, who came to ask her about a problem.

"Hello Afi!" greets Akoko.

"Hello Akoko" says Afi. "How are you?" Then, seeing the worried face of her friend, Afi shouts, "Eehh! Is something

wrong? What is going on?"

Akoko responds, "I have been using injectable methods for four months, and I noticed certain changes that scare me. I even had my period twice this month with lots of blood for several days. All this scares me. Maybe my body is not functioning properly. What if I cannot have more children? I only have three."

Afi says, "Me too, I had strange periods and a lot of blood during the first five months I used family planning methods, but I have not had any problems since the seventh month, and I have been using this method for two years."

Edah, Afi's husband was nearby and heard

everything. He says, "Oh! Family planning methods cause problems for women? So that is why Afi told me when she started using family planning that she was not ready for sex?"

"I suggested that she discontinue the modern methods and use a traditional one like the ring or belt that work well and do not create problems for women. But Afi reassured me. She said that it is normal for small problems to occur at the beginning, and that it is manageable."

"Health workers helped us to manage these issues and the midwife explained that Afi could try another method if the problems persisted."

"It is true" Afi added, "but not all women have the same problems. For example my friend Olivia has never had a problem and she has been using family planning for two years. Even the fear of not having children that you mentioned Akoko, people say that, but it is not true."

"The living proof is here in our neighborhood. Look at that lady Assiba coming towards us. She had the child she is carrying on her back after using family planning for five years. When she and her husband decided to have another child they stopped using the method. She got pregnant four months after she stopped using family planning."

REFLECTION QUESTIONS

1. What concerns Akoko based on this experience with family planning?
2. How did Afi and her husband Edah manage their difficulties when they began using family planning?
3. What lessons can you draw from Assiba's experience?

Call to action!

🔊 Read the following text out loud :

Find a woman who uses a family planning method, but with whom you have never discussed the topic. Ask about and discuss her experience. Did she have minor problems? How did she manage them?

As a man, discuss your family planning experiences with other men who used such methods with their wives. How did they help their wives manage the situation?

ANNEX A

STORY CARDS - SUPPORT

STORY CARDS - CHOICE

ACTIVITY CARDS





Responding to unmet family planning needs



Akouvi wants to talk to her husband

CHOICE 1



Akouvi, Kouèchi's wife, is a mother of three children. She sits and weeps silently because her health and that of her family frightens her. She wants to wait before having another child, but she does not know how.

Even though she did go to school, she is a smart woman who has a good reputation in the village and in her extended family. People often come to see her to discuss their family problems, but now it is she who wants to talk to someone.

She goes to talk with his sister Nadège, who always has good advice. Akouvi knows that her sister will not tell anyone about what she asks. Nadège has always helped her during difficult times of childbirth, illness and caring for her children. Nadège is the oldest daughter in the family. She is married and has two children.

Nadège sees that Akouvi is unhappy and asks her what's wrong. "You know I love my husband and I am happy with him. You know I love my children and I want to have another child..." says Akouvi, "but my husband Kouèchi does not want to wait and I am almost certain that it is my mother-in-law who is pushing him to have another child immediately." She continues, "Elias, my youngest child, cannot even walk yet and is barely a year old." She stops. "I want to take care of my children. I want to be healthy so I can be a good mother and a good wife" she says. "I am no longer strong. After my first two pregnancies I was stronger than now. I get tired a lot more. I even have problems just sweeping and cooking."

Akouvi continues, "I learned that there are effective methods to keep me from getting pregnant too soon after giving birth. I want to talk with Kouèchi about this, but I do not know what to do. I am afraid that he will get angry with me if I talk to him about that. I do not want him to be angry with me, I love him and I want to do what he wants, but I also want to be healthy, to be able to take good care of us and be a good wife." She stops talking and begins crying again.

REFLECTION QUESTIONS

1. Why might it be hard for couples to talk about these issues?
2. Do you feel you can talk with your husband or wife about the use of family planning? Why?
3. Who could help you to have these conversations?

Call to action!

 Read the following text out loud :

Think about what you would do if a friend or family member came to talk to you about their fear of speaking to their spouse about family planning. Try to talk about family planning with a friend this week.



Responding to unmet family planning needs



Kouèchi does not want to talk about family planning with Akouvi

CHOICE 2



Kouèchi is Akouvi's husband. His best friend Gossou is Nadège's husband. They are farmers. In the last story, Akouvi did not know what to do. **She asked Nadège for advice on how to talk to Kouèchi about how not to get**

pregnant too soon after giving birth. Kouèchi and Gossou return from the fields and are standing in front of a vegetable kiosk. Kouèchi says everything is expensive now and it is hard to care of his family.

Kouèchi also tells Gossou that his wife's problem scares him. He sees that she is not as healthy as before. He sees that she cannot perform the housework as before. He wonders what's wrong. He thinks she is pregnant, but he is unsure. **This idea of pregnancy makes him happy. He thinks his father and uncles would be very happy to learn that his wife is pregnant.** He is happy at the thought of celebrating with his friends and hearing the praise of his mother.

Gossou listens to his friend talk about his wife. He knows Kouèchi is often stubborn, especially with regards to his wife and the respect that she owes him. Gossou raises other questions about Akouvi's health. He asks the age of their youngest child Elias and if he can walk yet. **When Gossou asks Kouèchi to discuss with his wife to see if she wants to have another child now, Kouèchi gets angry.** He is silent and will not even look at Gossou.

Kouèchi finally says, **"You know, I do not need to talk to her about such things, because we agreed on that! Why ask what she thinks, when I know what she thinks!** After all, it is my responsibility to take care of my family. **What will others think if they learn that it was my wife who told me what to do?** Why would she not want to have another child with me? If God says it is time to have a child, then it is time! My wife is always trying to have children for me. And she knows that I have needs. God gave me three children and now a fourth. **Who are we to question God's will and wisdom?"**

REFLECTION QUESTIONS

1. What would your friends do in this situation?
2. How can your friends get you to change your opinions?
3. How do your friends discuss difficult topics like these with their husband or wife?

Call to action!

Read the following text out loud :

Think of a person who could help you start a conversation with your husband or wife about how many children to have and when to have them.



Responding to unmet family planning needs



Akouvi prepares to talk to Kouèchi

CHOICE 3



Akouvi and Kouèchi are a young couple from the village. Nadège Akouvi's sister and Gossou's wife. The two men are friends. Akouvi does not want to get pregnant so soon after giving birth. She told Nadège this, but is still afraid to talk to her husband Kouèchi. Gossou advised Kouèchi to ask Akouvi if she wants to have more children, but Kouèchi got angry.

Akouvi tells herself that she should do what her husband wants. But Nadège believes it is important for her to know what her husband thinks, and also for him to know what his wife thinks. She wants to help Akouvi to talk to Kouèchi, and asks her what she is afraid of if she talks to her husband about family planning.

"I too wanted to choose a good method to have as many children as we wanted when we wanted them," said Nadège. "I started by talking with our mother, whom I trust, and who supports me, as you do. Together we listed all the benefits of using the pill, injections, or other contraceptives. We also discussed the benefits of waiting several years between pregnancies. It was helpful for me and my husband Gossou."

"Mother also told me that despite what people say, she does not know any woman who had trouble getting pregnant when she stopped using methods to avoid pregnancy. In addition, I saw that my periods were heavier when I started to take the injection. But after a few months that changed. Since Gossou and I decided together to use family planning, we were both able to wait until things improved. I also knew that if we needed another method, we use CycleBeads. We could also avoid sex on the days I was most at risk of becoming pregnant because we could talk together.

"Mother and I also talked about the role of God in having children. We discussed how God gave us the intelligence to help ourselves so that we can better help Him. 'Help yourself and heaven will help you,' " adds Nadège. Then, Nadège and Akouvi wonder if people will gossip about them in the village because they chose these methods. Together, they make a list of the good and bad things people say about these methods.

Akouvi and Kouèchi must reflect on all this and decide whether they will use family planning. Nadège tells her sister how she should talk with Kouèchi and what she should say.

REFLECTION QUESTIONS

1. What positive things could you say about choosing an effective method to avoid falling pregnant?
2. How could you start talking about these things with your husband/wife?
3. What other members of your family could help you with a discussion like that?

Call to action!

🔊 Read the following text out loud :

Give some reasons why family planning might be good for you. If you are afraid of the risks of contraceptives, visit your clinic for more information.



Responding to unmet family planning needs



Akouvi is brave and talks to Kouèchi

CHOICE 4



Akouvi explained to Nadège that she did not want to get pregnant so soon after giving birth. They also discussed why Akouvi should talk to her husband about family planning. Now, Akouvi has decided to talk to her husband. When Kouèchi comes home at night, Akouvi tries talking to him about using methods that work, and which allow them to have their next child at the right time. Kouèchi is surprised and angry as a result. He pretends not to understand what she means, and starts talking about his difficult day. Akouvi tries to talk him again and he gets even angrier.

"What... are... you... talking... about?" he shouts. "Do you not want more children? It's God who decides, it's not our choice. God will give us a

child when he wants us to have one." Kouèchi adds, "You should do what I ask and not ask me questions!"

"Please can we talk? I fear for us, for you, for me and for our children" says Akouvi to calm him. "Don't we both want what is best for us and for them?" she asks. "What do you want Kouèchi?"

Kouèchi, very angry, shouts, "Well, if you do not want to have children, I will take another wife who will give me the children I need." He leaves the house very upset. He has not answered his wife's questions. He was afraid. He wants to know what she is hiding. Why does Akouvi ask him such things? Has she set her eyes on another man? He has seen other men look at her at weddings and parties. Akouvi is also upset. Kouèchi did not listen to her. He did not answer her questions. For her this is not normal. Akouvi is afraid that the children of another woman will displace her children.

REFLECTION QUESTIONS

1. Could this situation happen here?
2. What can happen if a woman disagrees with her husband about using family planning?
3. How can you solve a problem like this with your husband or wife? Who could help you resolve it?

Call to action!

🔊 Read the following text out loud :

It can be difficult to talk to your husband or wife about family planning. Now, we have talked a lot about how to discuss these things. Think about talking to your husband or wife about how many children you want and if you want to do family planning.



Responding to unmet family planning needs



Kouèchi and Akouvi understand that they can get along!

CHOICE 5



Akouvi decided to tell her husband Kouèchi that she wants use a family planning method. Kouèchi got very angry and refused to talk to her about it. The next day, Kouèchi and his friend Gossou talked about what happened. Gossou asked Kouèchi to talk to his wife. He told him that he often speaks with his wife Nadège about their family and asks her to share her thoughts too. Both men stated why they find these talks useful.

After a few days, Kouèchi gave this a lot of thought. On the one hand, he is afraid that he will not be seen as a real man if he lets his wife talk about "such things". He also still wants to have more children, especially a son. But, he begins to understand the advantages of a smaller family. He already sees that it is good when children are not very close in age because this allows women to regain their strength. He begins to understand that with the use of family planning, he can have everything he wants.

Kouèchi comes home to talk to Akouvi and asks her why she wants to use a family planning method. He tells her he was afraid of what others might think of them, especially that they might wonder if she is cheating on him. He does not know what religious leaders think of family planning and he does not know much about it himself. Moreover, he really

wants to have another son and he heard that Akouvi would no longer be able to get pregnant if she uses family planning.

Akouvi tells him what she learned from her sister Nadège. She says that people spread the rumor that women can't get pregnant after they use family planning. However, women who stop using family planning methods still get pregnant six months to a year later. Kouèchi is surprised to hear these things he did not know. Akouvi is also surprised to learn that her husband thinks about using family planning. They have never talked about these things before.

They each talk about what they would like and what is important to them. They talk about the advantages for their family in having the number of children they want, when they want them. As benefits, they determine that it allows them to feed their family, clothe their children and send them all to school. Kouèchi also sees that Akouvi would be very healthy and would not be as tired. They remember the old saying "two heads are better than one."

Akouvi asks Kouèchi to seek out more information before choosing the method they will use. They decide to ask Akugbe, who works at the village health center. Akugbe is very good at her job and will not lie to them. They want to ask her questions about different family planning with family planning.

Kouèchi and Akouvi decide to go see Akugbe the next day.

REFLECTION QUESTIONS

1. In your community, can a man talk about these things with his wife?
2. Can a woman talk about these things with her husband?
3. Could you talk about these things with your husband or wife?

Call to action!

 Read the following text out loud :

If you decide to use an effective method to have the number of children you want, when you want them, go together to the clinic to find out more about different methods and those that work best for you.



Responding to unmet family planning needs



Akouvi and Kouèchi go to learn more about how to have the number of children they want, when they want them

CHOICE 6



With advice from friends and family, Akouvi and Kouèchi finally talked about family planning methods. Each of them listened to the ideas of the other. The next day, Kouèchi and Akouvi go see Akugbe who works in the village health center.

There they begin to regret their decision to come to her. They are afraid of being seen by neighbors who might gossip about them. They are just about to leave when Akugbe tells them to come in. Akouvi and Kouèchi explain why they came to see her.

Akugbe is very happy to talk with them, and she is happy that they came to see her together. She talks about different methods. They ask many questions about each method and how they can affect Akouvi's health. They also want to know when, at the earliest, they will be able to have another child after they stop using the methods. Akugbe responds, "There are several methods that allow you to be pregnant as soon as you stop using them, such as condoms, the pill and the IUD. But if you choose the injection or the implant (which goes under the skin) it will take you a few months (six months to a year) before you can get pregnant. You can still have a child once you

stop using them, but it will take a few months for your body to be ready."

They also asked about the rumors circulating about these methods. Akouvi said she heard that these methods could cause problems for the woman and prevent her from getting pregnant after. Akugbe replies, "These methods are not dangerous. They do not cause diseases and do not prevent you from having children later. They do not cause twins. Sometimes injections or implants can cause your periods to become heavier or lighter. But this change does not last and disappears by itself within six months. In any case, you can come see me if you have a problem and we can address it together. If you decide you do not want children, there is also a method that a man or woman can use to never have children. These are operations. It is for you two to choose the method that you find the best for you." Akouvi and Kouèchi ask Akugbe where they can buy contraceptives and how much they cost.

Akouvi and Kouèchi now know what it takes to choose or not to choose a family planning method that works. They also know how to choose the best method for them. They now wonder if they will use a method and which one it will be.

REFLECTION QUESTIONS

1. Why is it important for a husband and wife go together to ask about family planning methods?
2. Why is it difficult for a husband and wife to go see a health worker in the village?
3. How can the villagers help men and women take action to have the number of children they want, when you want them?

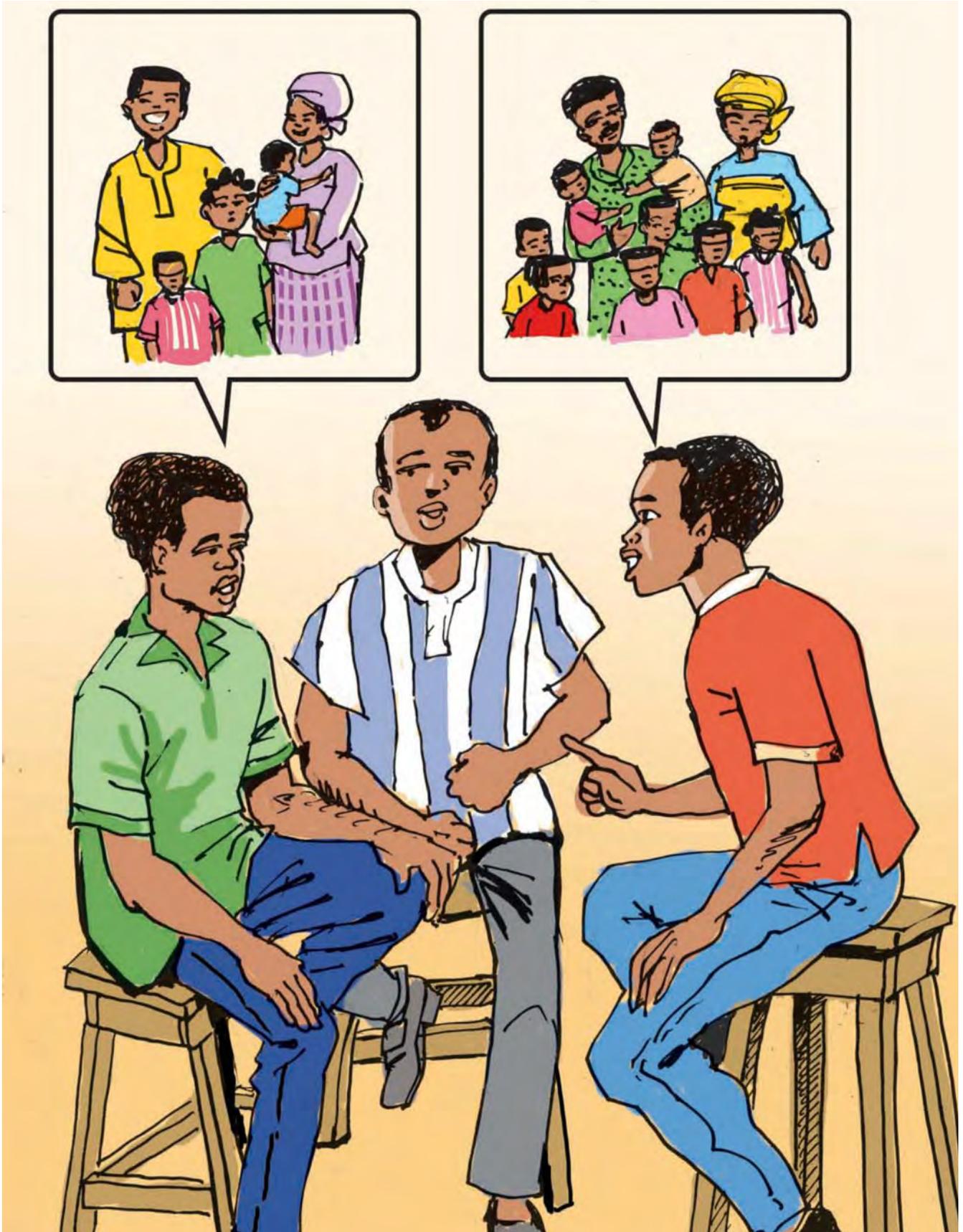
Call to action!

🔊 Read the following text out loud :

You are already convinced it is good to use a method to have the number of children you want, when you want them. How can you let other people, who do not yet know about these things, to start to think of family planning as a good thing?

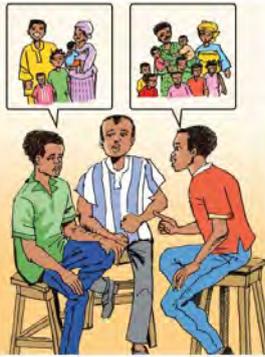


Responding to unmet family planning needs



Family planning is also men's business

CHOICE 7



Bio comes home after a discussion with friends about the benefits of family planning. He invites his wife Baké to discuss.

"My dear Baké" he says, "since we decided we do not want to have a child right now, I want to talk to you about it."

Baké responds, "Are you bringing up this issue of family planning again? I was told these methods makes women infertile, and I'm afraid you will leave me and take another wife when I am no longer able to bear children."

"No Baké, I will never leave you," promises Bio. "I was just thinking about our family and the challenges we face in taking good care of our children. What do you think? I just had the same discussion with my friends Anago and Koffi, whose wives are currently using family planning."

"You know, family planning allowed them to space births. They were able to save more money for their household and ensure education for all their children. In addition we will be able to have sex freely, and all we will need to do is to stop using the family planning method when we want to have another child."

"Really!" says Baké. "I never knew that there are women in my neighborhood who use family planning. Bio, are you sure I will not have a problem using a family planning method?"

Baké thinks for a moment, and then says, "Okay Bio, I want to choose a method too. What are we going to do? "

Bio responds, "When you are ready, I will take you on my motorcycle and we will visit the midwife for an explanation. We will choose a family planning method that works for us."

REFLECTION QUESTIONS

1. Can you engage in a conversation like this in your household? Why or why not?
2. How can men raise the topic of family planning with their wives?
3. What actions can men take to support family planning in the community or with their friends?

Call to action!

-  Read the following text out loud :
- Men, go chat with friends and other men about the benefits of family planning. Women, encourage your husband to discuss family planning with his friends.*

ANNEX A

STORY CARDS - SUPPORT

STORY CARDS - CHOICE

ACTIVITY CARDS





How to use the activity cards



WHY CARRY OUT THESE ACTIVITIES?

- To help your family and friends discuss modern family planning and methods for child spacing.
- To teach certain facts about family planning and help people share lessons learned.
- These activities are fun to do!

WHEN TO CARRY OUT THESE ACTIVITIES?

You can do these activities:

- At the beginning or end of a meeting.
- At a meeting specifically organized to carry out these activities.
- With your friends and family.

WHERE TO CARRY OUT THESE ACTIVITIES?

You can carry out these activities in any place where people gather:

- In a public place, such as a church or a communal area.
- In a private place, such as a house or someone's property.
- Outdoors, such as a soccer field or under a tree.
- Any other place where 2 or 3 people can get together to discuss family planning. Read the instructions carefully before beginning the activity.



HOW TO USE THESE ACTIVITIES?

Each activity card has 5 parts:

- **OBJECTIVES:** This part explains the goal of the activity.
- **PREPARATION:** This part explains what you should do before starting the activity.
- **ADVICE:** This part gives you advice about how to carry out activities.
- **INSTRUCTION:** This part gives you instructions for carrying out activities.
- **CALL TO ACTION:** This part gives you a message to read at the end of the activity.

HOW TO CARRY OUT THESE ACTIVITIES?

Read the instructions carefully before beginning the activity.

Announce ground rules to the team:

- Everyone has the right to speak.
- Respect the opinion of others. Everyone should feel comfortable, and no one should be judged for what they say.
- Everything that is shared during the activity is confidential, unless the person who speaks explicitly mentions that you can share this information with others.



SHOW



DISCUSS



ASK



READ or
LEAD



ORGANIZE



Responding to unmet family planning needs



Getting to Know One Another

Activity 1: Small group discussions



OBJECTIVES

- To get to know one another better.
- To share information about family planning (methods for having the desired number of children, when one wants).
- To discuss how people talk about family planning among themselves.
- To listen to people who are not accustomed to speaking in public.



TIPS

- Speak clearly and loudly so that everyone can hear you.
- Ask participants if they understand what you read. If they do not understand, explain again.
- Make sure that everyone has chance to speak. Invite those who do not say anything to speak.



PREPARATIONS

Read the entire sheet before starting the activity.

INSTRUCTIONS FOR THE ACTIVITY

PART 1: Small group activity

- 👁️ Show the image to participants.
- 👂 Ask them what they see.
- 📖 Organize the activity. Ask participants to form small groups of 3 people. Explain that each group should spread out so that the others do not hear their conversations.
- 🔊 Read this text out loud :
Today we will talk about our families and how to help each family have the number of children they want, when they want them. I will read three questions. Discuss these questions within your small groups.
Each member of your group should contribute to the conversation. We will be talking about private matters so no one is allowed to repeat what you said, unless you give them permission to do so.
- 🔊 Read the following questions out loud. Leave some time after each question so that group members can discuss.
Do husbands and wives often talk about family planning together? Why or why not?
What do you think of husbands and wives who talk about family planning together?
How does talking about family planning within the couple change the relationship between husband and wife?

PART 2: Large group activity

- 🗣️ Bring participants back together into a single group. Read the following questions out loud and exchange your points of view. Ask 2 or 3 people to answer each of the following questions:
What are the advantages of husbands and wives talking about family planning together?
Why might it be difficult to talk about these issues?
What can help a husband and wife talk about family planning together?
- 👁️ Show the image to participants again.
- 👂 Ask them what they see now.
- 🔊 Read this text out loud :
For the benefit of their family, husbands and wives should talk about how many children they want, when they want them, the number of years between children, and how to avoid unwanted pregnancies. The couple will be happier if they can talk about matters that concern their family.

PART 3: Call to action!

- 🔊 Speak loudly as you read the following:
This week, try to talk with your husband or wife about family planning. Next time the group gets together, you can share what happened.



Responding to unmet family planning needs



Having Children

Activity 2 : Agree or disagree



OBJECTIVES

To talk about different values and preferences for childbirth and family planning.



TIPS

- Participation is voluntary for this exercise.
- Encourage participants to listen without orienting them.
- It is helpful to have a health worker present during this activity. If that is not possible, encourage participants to seek information at Health Centers.
- Catalyzers should not provide information on family planning.



PREPARATIONS

- Read the entire sheet before starting the activity.
- You can ask another Catalyzer to help you lead this activity, preferably someone of the opposite sex.
- It is preferable not to have more than 20 people for this activity.
- It is preferable to separate women and men for this activity. Once they build trust, they will talk about these matters together.

INSTRUCTIONS FOR THE ACTIVITY

PART 1: Activity

- 🗣️ Ask the group to talk for several minutes about personal actions taken since the last meeting.
- 👁️ Show the image to participants
- 🗣️ Ask them what they see.
- 📖 Direct the activity. Read this text out loud:

Today we will talk about couple communication and the values related to fertility. I am going to read a statement. Those who agree with the statement will stand 3 meters to my right. Those who do not agree will stand 3 meters to my left. Those who neither agree nor disagree will stand in the middle. Then, you will have a chance to explain why you agree or disagree with the statement.

Respect everyone's choice. The goal is not to convince others, but to listen to what others think and share ideas.
- 🗣️ Ask participants if they understand. If they do not understand, explain again.
- 🗣️ Direct the activity. Chose 2-3 statements from the list below. Read and repeat each statement to make sure that everyone understand.
 - After each statement, give participants a minute to choose their side.
 - Ask 2 or 3 people from each side to explain their choice.

Statement 1: A woman who gives birth to a boy has more worth.

Statement 2: If a woman uses contraception secretly, it is because she is a prostitute.

Statement 3: Only men can decide when to start/stop family planning.

Statement 4 : A man is respected even if he only has a few children.

Statement 5 : A woman can refuse to make love to her husband.

PART 2: Discussion

- 🗣️ Talk about what the group learned from this activity.
- 🗣️ Discuss the following questions. Ask 2 or 3 people to answer each of the following questions :

Why do certain people think that you need to have many children to be respected ?

Is it easy or difficult for a woman to talk about family planning or sexual relations with her husband ? Explain. And for the husband ?
- 👁️ Show the image to participants again.
- 🗣️ Ask them what they see now.
- 🗣️ Read this text out loud :

Sometimes people do not have the same vision about how many children they want and when they want children, or whether they should use family planning.

Many births raise awareness of these issues. People do not see men and women who have few or no children in the same light.

When a husband and wife trust each other, they can make the best decision about family planning together, without worrying about what others say.

PART 3: Call to action !

- 🗣️ Speak loudly as you read the following:

This week, talk to members of other groups, friends or family. You can also talk to other people about family planning. Next time the group gets together, you can share what happened.



Responding to unmet family planning needs



Family Planning

Activity 3 : True or False



OBJECTIVES

To learn the truth about family planning.



TIPS

- Speak clearly and loudly so that everyone can hear you.
- Give everyone a chance to speak, even those who are shy.
- It is helpful to have a health worker present during this activity. If that is not possible, encourage participants to seek information at Health Centers.
- We do not expect Catalyzers to be family planning experts.



PREPARATIONS

- Read the entire sheet before starting the activity.
- For this activity, ask for help from a community health worker or other health worker who knows about family planning.
- Study the statements with this person to make sure you know the right answers.

INSTRUCTIONS FOR THE ACTIVITY

PART 1: Activity

Talk about what happened since the last meeting.

Ask the group to talk for several minutes about personal actions taken since the last meeting.

Show the image to participants.

Ask them what they see.

Read this text out loud :

Today, we will discuss ways to improve our family planning knowledge so that we can control and manage births. I am going to read several statements to you, and you will tell me if you think these are True or False.

Ask participants if they understand. If they do not understand, explain again.

Direct the activity. Choose 3-4 statements from the list below. Read the statements and ask participants if they think they are True or False. Allow the group to share some ideas, then reread the question and tell them the right answer. If participants still have questions, refer them to health workers. Repeat the same process with each statement.

Statement 1: *Using family planning methods can cause infertility or result in malformed children.*

Answer : *False. Family planning methods are safe for the mother and future children. If she wants, the woman can get pregnant once she stops using family planning.*

Statement 2 : *A woman cannot get pregnant while breastfeeding.*

Answer : *False. A woman who breastfeeds can get pregnant if she has unprotected sex.*

Statement 3: *Women who get sick from using birth control pills/ injectables can use an IUD to avoid getting pregnant.*

Answer : *True. The IUD does not contain any chemical agents. Women who use IUDs sometimes have heavier menstrual cycles.*

Statement 4: *A woman can use CycleBeads to avoid pregnancy without her husband knowing.*

Answer: *False. The woman must talk to her husband about avoiding unprotected sex during her fertile period.*

Statement 5: *Changes in the menstrual cycle when using injectables, birth control pills or implants can prevent fertility in the future.*

Answer : *False. Changes in the menstrual cycle are normal, and do not have any impact on future fertility once you stop using family planning.*

PART 2: Discussion

Read this text out loud :

Let's talk about what we learned during this activity.

Ask 2 or 3 people to answer the following questions :

Were you surprised by anything that you learned about family planning? If so, by what?

Why is it important for people to know the truth about family planning?

How can you get more information about family planning?

Show the image to participants again.

Ask them what they see now.

Read this text out loud :

It is important to know the truth about family planning : contraceptives are safe for both women and children. Family planning can help us plan for births and make good decisions for our family. You can always ask for more information from a health worker or pharmacist. Teach others the truth about family planning in your home town if you hear people spreading falsehoods.

PART 3: Call to action !

Speak loudly as you read the following :
Choose one person from your group and share what you learned. You can also get additional information from local health centers. Next time your group gets together, you can share what happened.



Responding to unmet family planning needs



My Dear Auntie

Activity 4: Small group discussions



OBJECTIVES

To learn to give advice to women about how to talk about family planning with their husbands.



TIPS

- Speak clearly and loudly so that everyone can hear you.
- Ask participants if they understand what you read. If they do not understand, explain again.
- Give everyone a chance to speak, even those who are shy.



PREPARATIONS

- Read the entire sheet before starting the activity.
- You can ask another Catalyzer to help you lead this activity, preferably someone of the opposite sex.
- It is preferable not to have more than 20 people for this activity.
- It is preferable to separate women and men for this activity so they can speak more freely about sensitive topics.

INSTRUCTIONS FOR THE ACTIVITY

PART 1: Activity

- 🗨️ Talk about what happened since the last meeting.
- 👂 Ask the group to talk for several minutes about personal actions taken since the last meeting.
- 👁️ Show the image to participants.
- 👂 Ask them what they see.
- 📋 Direct the activity. Ask participants to form groups of 3 people. Explain that each group should spread out so that the others do not hear their conversations.
- 🔊 Read this text out loud :

I am going to read the story of Claudine, who is asking for advice from her aunt.

Claudine goes to see her aunt: "Auntie, as you know I have three children that I adore and I want to be able to take care of them. I am afraid to get pregnant now because we will not have the money to feed them, care for them, dress them, and educate them.

I avoid having sexual relations on the days when I think I can get pregnant. Sometimes, I pretend to be sick, or I go stay with my sister for a while. I also use the traditional belt method. Last time, I did the same thing but I still got pregnant.

The health worker recommended several family planning methods: the pill, the injectable, the IUD or even CycleBeads, which allow you to know which days you can get pregnant.

I need your help because I cannot do anything without speaking to my husband Charles. I would like to speak to Charles about all of these different methods without upsetting him so that we can select a method together. But we never speak of these things."

- 👂 Ask participants if they have questions, and answer their questions.

- 🔊 Read the story out loud again.

PART 2: Discussion

- 🔊 Read this text out loud :
In your small groups, take 10 minutes to talk about what advice you would give to Claudine.
 1. *Talk about how she could explain that family planning is good for her family.*
 2. *Also talk about how Charles might react and how Claudine can prepare for his reaction.*
- 🗨️ Discutez Bring participants back together in a single group. Read the following questions out loud, and share your points of view. Ask 2 or 3 people to answer the following questions. Encourage group members to respond to others' questions.
What advice would you give Claudine about how to initiate the discussion about family planning with her husband?
Why are some men opposed to family planning?
What might stop you from giving advice to Claudine? Why?

- 👁️ Show the image to participants again.

- 👂 Ask them what they see now.

PART 3: Call to action!

- 🔊 Speak loudly as you read the following :
It is sometimes difficult to speak to your husband or wife about family planning. You can introduce the topic of family planning by talking about how to feed, dress, and pay for children's education. This type of discussion can reinforce the couple's relationship. Other women and men from the village may need advice like the advice that you gave to Claudine. Try to talk to someone about what you learned from this activity. The next time that the group gets together, you can share what happened.



Responding to unmet family planning needs



Who can support us ?

Activity 5 : Role Playing



OBJECTIVES

To identify people who can help us use family planning and practice speaking with them.



TIPS

- Speak clearly and loudly so that everyone can hear you.
- Give everyone a chance to speak, including women and young girls, and those who are shy.



PREPARATIONS

- Read the entire sheet before starting the activity.
- You can ask another Catalyzer to help you lead this activity, preferably someone of the opposite sex.
- Prepare to play the role of brave young people and older people who want to talk about family planning.

INSTRUCTIONS FOR THE ACTIVITY

PART1: Role playing with a partner

- Talk about what happened since the last meeting.
- Ask the group to talk for several minutes about personal actions taken since the last meeting.
- Show the image to participants.
- Ask them what they see.
- Read this text out loud :

In life, we ask friends, neighbors and our elders for advice. Think about family planning and the choice to have children. Would you like to talk to someone?

I am going to read the story Dear Auntie that we are already familiar with, and we will play the roles from this story in groups of two.
- Ask participants if they understand. If they do not understand, explain again.
- Direct the activity.
 1. Pair up the participants.
 2. Read Dear Auntie :

Claudine goes to see her aunt: "Auntie, as you know I have three children that I adore and I want to be able to take care of them. I am afraid to get pregnant now because we will not have the money to feed them, care for them, dress them, and educate them.

I avoid having sexual relations on the days when I think that I can get pregnant. Sometimes, I pretend to be sick, or I go stay with my sister for a while. I also use the traditional belt method. Last time, I did the same thing but I still got pregnant.

The health worker recommended several family planning methods: the pill, the injectable, the IUD or even CycleBeads, which allow you to know which days you can get pregnant.

I need your help because I cannot do anything without speaking to my husband Charles. I would like to speak to Charles about all of these different methods without upsetting him so that we can select a method together. But we never speak of these things."

3. Talk with your partner, each taking turns to play the role of Claudine, the other playing the role of the Auntie, the adviser in real life.
4. Like Claudine and her Auntie, practice asking for advice about communication with a husband/wife on the use of family planning.

PARTIE 2: Discussion

- Read this text out loud :

Let's talk about what we have learned during this activity.
- Ask 2 or 3 people to answer the following questions :

How was your experience as the person asking for advice? Why was it easy or difficult?

Is it difficult for you to find someone to ask for advice? Why?

What can help you talk about family planning with your elders?
- Show the image to participants again.
- Ask them what they see now.
- Read this text out loud :

In life, our family, friends, and wise elders give us good advice about topics that they are experts on, but they can also lead us to make mistakes if they do not have accurate information. We must analyze and discuss advice with several people because good health decisions improve the life of the community.

PART 3: Call to action !

- Speak loudly as you read the following :

Talk about family planning with someone that you trust. Pay attention to how this person can or cannot change your opinion about family planning. The next time that the group gets together, you can share what happened.

ANNEX B

FAMILY PLANNING FREQUENTLY ASKED QUESTIONS





ANNEX B

FAMILY PLANNING FREQUENTLY ASKED QUESTIONS

These fact cards contain information about:

- Combined oral contraceptive pills (“the pill”)
- IUD
- Injectable contraception
- Implants
- Male condoms
- Female condoms
- Emergency contraception
- Lactational Amenorrhea Method (LAM)
- Standard Days Method (SDM)

Combined Contraceptive Pills

What are combined oral contraceptive pills?

Known as “the pill,” it is a tablet that women take every day to prevent pregnancy.

There is another kind of contraceptive pill, called progestin-only pill or the mini-pill, which are safe for women who are breastfeeding. The way you use this mini-pill is a little bit different, so please ask a health worker for more information.

How well does the pill work to prevent pregnancy?

- Because some women do not always use the pill correctly, about 8 women out of 100 women who use the pill may become pregnant over the first year.

What does the pill do inside the woman’s body?

- The pill stops the woman from releasing an egg inside her body. If the man’s sperm has no egg to meet, the woman cannot get pregnant.

Why do some people like using the pill?

- The pill is safe and works well to prevent pregnancy.
- It can cause lighter, regular monthly bleeding with less cramping.
- It can help create smooth skin.
- A woman can become pregnant again right away after stopping the pill.
- It decreases the risk of cancer in the female private parts.
- A woman can stop taking tablets at any time, without a health worker’s help.



Why do some people not like using the pill?

- A woman must take the tablets every single day in order for them to work.
- It is sometimes hard to take the tablets in privacy.
- The pill can cause changes in monthly bleeding that are not harmful.
- The pill can sometimes cause headaches, sore breasts, and weight change.
- It is necessary to always have a supply of pills, which can be hard if the facility or pharmacy runs out.

What else do I need to know?

- Women of any age can take the pill, including adolescents.
- Women that are not married can use the pill.
- Women that have and have not had children can use the pill.
- Pills do not build up in a woman's body. They dissolve each day.
- The pill does not change women's sexual behavior.
- The pill does not make a woman or an adolescent barren.
- The pill does not cause abortions, birth defects, or multiple births.
- It's good to find ways to remember taking the pill like always taking it when you wash, go to bed, or with your supper.
- If you miss taking a pill, it is important to take the pill as soon as you remember and use a backup method like condoms to prevent pregnancy until you begin the next packet of pills.
- The pill does not protect against STIs and HIV.

IUD

What is the IUD?

An IUD is a small plastic and copper device that is inserted into the womb to prevent pregnancy for up to 12 years.

How well does the IUD work to prevent pregnancy?

- Because the IUD rarely comes out or fails, 1 or even no women out of 100 women that use the IUD may become pregnant over the first year.

How does the IUD work?

- The IUD works by killing the sperm in the man's fluid before they meet the woman's egg.

Why do some people like using the IUD?

- It is safe and works very well to prevent pregnancy for up to 12 years.
- Once the IUD is inserted, there is nothing more a woman has to do to prevent pregnancy. There is nothing to remember.
- The IUD cannot be seen or felt, so nobody knows that a woman has it.
- A woman can become pregnant as soon as a health provider takes out the IUD.
- Once it is inserted, there are no further costs for the IUD.



Why do some people not like using the IUD?

- A trained health worker needs to insert and remove the IUD.
- It can cause discomfort to have the IUD put in and taken out.
- Some women experience heavier monthly bleeding with the IUD and may have more cramps and pain, especially in the first 3 to 6 months. This tends to get better over time.

What else do I need to know?

- Women who have never been pregnant or had children can use the IUD.
- The IUD can be used by women of any age, including adolescents.
- After it is removed, the IUD does not increase the chances of losing a pregnancy when a woman becomes pregnant.
- When the IUD is removed, a woman can get pregnant immediately.
- The IUD will not make a woman barren.
- The IUD does not cause birth defects.
- The IUD does not cause cancer.
- The IUD does not move to the heart or the brain.
- A woman can check to make sure the IUD is still in place by feeling for the string at the mouth of the womb.
- The IUD does not cause discomfort or pain during sex.
- The IUD can be used while breastfeeding.
- A woman can do hard physical work with an IUD.
- The IUD does not protect against HIV or STIs.

Injectable Contraception

What is injectable contraception?

Injectable contraception is a shot or a jab that women get to prevent pregnancy. There are several types of injectable contraceptives. This card refers to the injectable that women get every three months, which is sometimes called DMPA or Depo-Provera. There may be other types of injectables in your community. Please talk to a health worker about those to learn more.

How well do injectables prevent pregnancy?

- Because sometimes women do not remember or are not able to get their injection on time, about 3 women out of 100 women who use the injectable may become pregnant over the first year.

How do injectables work?

- Injectables work by preventing the release of the egg in the woman. If the man's sperm has no egg to meet, the woman cannot get pregnant.

Why do some people like using injectables?

- Injectables are safe and work well to prevent pregnancy.
- Almost all health workers can give injectables.
- During the three months, there is nothing more a woman has to do or remember.
- There is no way for others to tell that a woman is using injectables. It is private.

- Monthly bleedings become very light and often stop after a year of use. Monthly bleeding resumes when a woman stops getting injections.
- Injectables can be used while breastfeeding starting 6 weeks after the baby is born.

Why do some people not like using injectables?

- Monthly bleeding will probably change and sometimes disappear.
- Increased hunger may cause weight gain.
- After stopping injectables, it can take 6-12 months to get pregnant.
- A woman has to remember to go to see a health worker every 3 months to get the injection.

What else do I need to know?

- Women who have never been pregnant or had children can use injectables.
- Injectables are safe and can be used by women of all ages, including adolescents.
- Injectables will not make a woman or adolescent barren.
- A woman can use injectables if she is not married.
- Injectables can cause women to stop getting their monthly bleeding. This does not cause any harm to the woman. The monthly bleeding does not build up in her system or cause any other problems. It can even help a woman who suffers from anemia. Some women enjoy that they do not have to have monthly bleeding.
- Injectables do not protect against HIV and STIs.

Implants

What are implants?

Implants are small flexible rods that are placed under the skin of a woman's upper arm and can prevent pregnancy for 3-5 years, depending on the type.

How well do implants work?

- Because implants rarely come out or fail, 1 or even no women out of 100 women who use implants may become pregnant over the first year.

How do implants work to prevent pregnancy?

- Implants prevent the release of the woman's egg. If the man's sperm has no egg to meet, the woman cannot get pregnant.

Why do some people like using implants?

- Implants are safe and they work very well to prevent pregnancy.
- Implants last 3-5 years.
- Once the implants are in, a woman does not have to do anything else to prevent pregnancy. There is nothing to remember.
- Monthly bleedings become very light and often stop after a year.
- A woman can become pregnant right away after removing the implants.
- Implants can be used while breastfeeding starting 6 weeks after the baby is born.
- Nobody else can tell that a woman is using implants.



Why do some people not like using implants?

- A woman may experience changes in her monthly bleeding that are not harmful.
- A trained health worker needs to insert and remove the implant.
- Some women with implants sometimes get headaches, weight changes, and nausea.

What else do I need to know?

- Women of any age can use implants, including adolescents.
- A woman can use an implant even if she has never been pregnant or had children.
- A woman can use an implant if she is not married.
- Implants do not make a woman or adolescent barren.
- Implants do not move to other parts of the body.
- Implants can stop a woman's monthly bleeding, but this is not harmful. Blood does not build up inside the woman.
- Implants do not protect against HIV and STIs.

Male Condoms

What is the male condom?

The male condom is a thin covering worn over the standing penis when a couple is having sex.

How well do male condoms work to prevent pregnancy?

- Because some couples do not correctly use a condom every time they have sex, about 15 women out of 100 women who use condoms may become pregnant over the first year.
- If used correctly every time a person has sex, condoms work very well to protect against most STIs, including HIV.

How do male condoms work to prevent pregnancy?

- The condom catches the man's semen, which is the whitish liquid that comes out of a man's penis when he releases. That way no sperm can enter the woman and meet the woman's egg.

Why do some people like using male condoms?

- Condoms are safe and easy to use.
- Condoms do not require a doctor or nurse to give it to you.
- Condoms are usually easy to find and often inexpensive.
- When used correctly every time you have sex, condoms prevent pregnancy and HIV and other STIs.

Why do some people not like using male condoms?

- Putting on a condom can interrupt the natural sex act.
- Both partners need to agree before a man puts on the condom.
- A supply of condoms must be available before sex occurs.
- If not used correctly, the condom may break or come off during sex.

What else do I need to know?

- Some people do not use condoms correctly and do not use them every time they have sex. So, it is important to use another method of pregnancy prevention, such as the pill, IUD, or implant, in addition to the condom to prevent pregnancy and STIs.
- Some liquids that are oily like petroleum jelly and cooking oil can destroy the condom. It is safe to use saliva or water-based liquids.
- Condoms should be stored in a cool, dry place — not in a wallet or in a pocket.
- Condoms should only be used once. A new condom must be used each time a couple has sex.
- Do not use a condom if the package is broken or if the condom is dry or sticky or the color has changed.
- Do not open a condom packet with your teeth or sharp instrument because you risk putting a hole in the condom.
- Only use 1 condom at a time.

How to use the male condom

Step 1

Put the condom on when the penis is erect, before there is any contact between the penis and your partner's body. Fluid released from the penis during the early stages of an erection can contain sperm and organisms that can cause STIs.

Step 2

Tear along one side of the foil, being sure not to rip the condom inside. Carefully remove the condom.

Step 3

Air trapped inside a condom could cause it to break. To avoid this, squeeze the closed end of the condom between your forefinger and thumb and place the condom over the erect penis. Be sure that the roll is on the outside.

Step 4

While still squeezing the closed end, use your other hand to unroll the condom gently down the full length of the penis. Make sure the condom stays in place during sex; if it rolls up; roll it back into place immediately. If the condom comes off, withdraw the penis and put on a new condom before intercourse continues.

Step 5

Soon after ejaculation, withdraw the penis while it is still erect by holding the condom firmly in place. Remove the condom only when the penis is fully withdrawn. Keep both the penis and condom clear from contact with your partner's body.

Step 6

Dispose of the used condom hygienically. Wrap the condom in a tissue and throw it in a pit latrine. (Do not flush it down a toilet).

NEVER USE A CONDOM MORE THAN ONCE.

MODE D'EMPLOI DU PRÉSERVATIF MASCULIN



Use a new condom for each sex act.



Before any contact, place condom on tip of erect penis with rolled side out.



Unroll condom all the way to base of penis.



After ejaculation, hold rim of condom in place, and withdraw penis while it is still hard.



Use only once. Throw away used condom safely.

Female Condom

What is the female condom?

The female condom is a thin lining made of a soft plastic that fits inside a woman's vagina. One end of the condom covers the opening of the womb so that a man's fluid cannot get in. A woman uses the female condom during sex to prevent pregnancy.

How well does the female condom work?

- Because sometimes women are not able to use a female condom correctly every time they have sex, about 21 women out of 100 women who use the female condom may become pregnant over the first year.
- The female condom also prevents many STIs including HIV when used correctly every time a woman and her partner have sex.

How does the female condom work?

- The condom catches the man's fluid so that no sperm can enter the woman during sex.

Why do some people like using female condoms?

- It is safe.
- When it is used consistently and correctly it can prevent pregnancy and most STIs, including HIV.
- It can be inserted up to 8 hours before sex so that putting it in does not interrupt sex.
- The female condom can increase the pleasure that men and women feel during sex.
- The female condom can be used without seeing a health worker.

Why do some people not like using the female condom?

- It costs more than the male condom, though sometimes it may be free or inexpensive.
- The female condom can be a little uncomfortable.
- Even though a woman puts the female condom in, the man has to agree to use it.
- It may take some practice to insert it quickly and easily.

What else do I need to know?

- Some people do not use condoms correctly every time they have sex and should use another method of pregnancy prevention, such as the pill, IUD or implant, in addition to the female condom to prevent pregnancy.
- The female condom cannot get lost in the woman's body.
- Female condoms are used by married and unmarried couples of any age.
- Female condoms do not cause illness in a woman.
- Female condoms and male condoms should not be used at the same time.
- Female condoms should be stored in a cool, dry place.
- Female condoms should only be used once.
- Do not use a condom if the package is broken or if the condom is dry or sticky or the color has changed.
- Always keep a supply of condoms available.

How to use the female condom

Step 1

Carefully open the packet by tearing along one side, being sure not to rip the condom inside.

Step 2

Find the inner ring at the closed end of the condom.

Step 3

Squeeze the inner ring between the thumb and middle finger.

Step 4

Guide the inner ring all the way into the vagina with your fingers. The outer ring stays outside the vagina and covers the part around the vaginal opening.

Step 5

When you have sex, carefully guide the penis into the vagina, holding open the outer ring. If the penis goes outside the ring, the condom will not protect you from pregnancy or STIs.

Step 6

Before the woman stands up after sex, squeeze and twist the outer ring to keep the semen inside the pouch, and pull the pouch out gently. Do not flush it down the toilet. Only burn it, bury it, or put it in a pit latrine.

Emergency Contraception

What is emergency contraception?

Emergency contraception can be used up to 5 days after having unprotected sex in order to prevent pregnancy. There are two methods, IUD insertion or emergency contraceptive pills. Emergency contraceptive (EC) pills are tablets that can be taken up to 5 days after unprotected sex. They are sometimes called the morning after pill.

How well does emergency contraception work to prevent pregnancy?

- Because the IUD rarely comes out or fails, 1 or even no women out of 100 women that use the IUD may become pregnant over the first year. Because sometimes women do not take emergency contraceptive pills soon enough or sometimes the pills do not work, about 1 or 2 women out of 100 women who use the pill after 1 unprotected sex act may become pregnant.

How do emergency contraceptive pills work? (See IUD FAQs for any questions on IUDs)

- Emergency contraceptive pills prevent or delay the release of the egg in the woman so that the egg cannot meet the man's sperm. The pill does not work if the woman is already pregnant.

When should emergency contraceptive pills be used?

- A woman can use emergency contraception up to 5 days after she has unprotected sex, including sex without any contraception or sex where a contraceptive method didn't work right, such as if a condom broke or a woman missed taking her daily pill. Emergency contraception works better the sooner it is taken after having unprotected sex.



Why do some people like using emergency contraceptive pills?

- They can be used after unprotected sex as a second chance to prevent pregnancy.
- They are controlled by the woman and can be used privately.
- They can be kept on hand in case a woman has unprotected sex.

Why do some people not like using emergency contraceptive pills?

- They can cause slight changes in bleeding for 1 or 2 days after taking the pills.
- They can cause the monthly bleeding to start earlier or later than usual.
- They may cause nausea, headaches, or pain in the stomach area in the week after taking the pills.

What else do I need to know?

- Emergency contraceptive pills are safe for all women to use, including adolescents.
- “Morning after” pills do not cause abortion.
- EC does not prevent HIV or STIs.
- EC does not cause birth defects if pregnancy does occur.
- They are not dangerous to the woman’s health.
- EC does not make a woman barren. A woman can become pregnant right away after taking emergency contraceptive pills if she has unprotected sex again.
- Many options can be used as emergency contraceptive pills. Dedicated products, progestin-only pills, and combined oral contraceptive pills all can act as EC.
- EC does not promote sexual risk-taking. A supply should be kept on hand to be available in case of unprotected sex.

Lactational Amenorrhea Method (LAM)

What is LAM?

Lactational Amenorrhea Method (LAM) is often called “the exclusive breastfeeding method” of contraception. It is based on the natural effect that breastfeeding has on a woman’s ability to get pregnant.

How well does LAM work?

Because some women do not use LAM correctly, about 2 women out of 100 women who use LAM for the first 6 months after childbirth may become pregnant.

How does LAM work?

LAM works by preventing the release of the egg so that it cannot meet the man’s sperm. For LAM to prevent pregnancy, a woman must meet ALL three of these conditions:

1. The monthly bleeding has not returned after giving birth.
2. The baby is only fed breast milk. This means no food or liquids, including water, should be given to the baby. The baby must be breastfed night and day.
3. The baby is less than 6 months old.

When a woman no longer meets ALL these conditions, she should begin using another family planning method immediately because LAM may no longer protect her from pregnancy. A woman can start using some other methods even while continuing to exclusively breastfeed. Talk with a health provider to learn more.

Why do people like using LAM?

- Breastfeeding does not cost any money.
- Breastfeeding is very healthy for the mother and the baby.
- LAM is a natural family planning method. No hormones, devices, or medical procedures are required.
- LAM is often in accord with traditions.

Why do people not like using LAM?

- It requires that the mother must only give the baby breast milk night and day, which may not be possible for all mothers.
- The mother cannot be separated from the baby for long hours during the day or night.

What else do I need to know?

- LAM works very well to prevent pregnancy if the woman has not started her monthly bleeding, is only giving the baby breast milk night and day, and the baby is less than 6 months old.
- Breast milk alone can fully nourish a baby for the first 6 months. No other foods or liquids are needed.
- A woman cannot run out of milk if she is breastfeeding night and day.
- A woman should continue to breastfeed even when she or her baby is sick.
- To continue preventing pregnancy, a woman must start using another family planning method if she starts her monthly bleeding.
- To continue preventing pregnancy, a woman must start using another pregnancy prevention method if she begins feeding her baby other foods or liquids besides breastfeeding.

- To continue preventing pregnancy, a woman must start using another family planning method if the baby is older than 6 months.
- It is important to choose a new method of family planning before any of these things happen so that the woman can continue preventing pregnancy. The woman should continue to breastfeed even when she starts using another method.

Standard Days Method (SDM)

What is SDM?

The Standard Days Method is a natural method that works well for women who have cycles that are between 26 and 32 days long. SDM is used together with CycleBeads®, a string of colored beads that represent each day of a woman's menstrual cycle. They can help you know when you are likely to get pregnant if you have unprotected sex, identify whether or not you are fertile, and monitor your cycle length.

- WHITE beads mark the days you are likely to get pregnant.
- BROWN beads mark the days you are not likely to get pregnant.

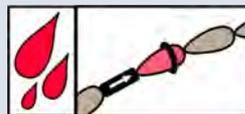
How well does SDM work?

- Less than 5 out of every 100 women who kept careful track of their cycle days, and did not have unprotected sex on days 8 through 19 of their cycles, became pregnant during the first year of using SDM. Women who did not keep careful track of their cycle days, or who had unprotected sex on days 8 through 19 of their cycles, were much more likely to get pregnant.

How to Use CycleBeads



1



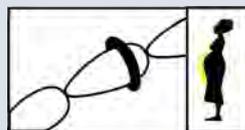
The day you get your period, move the ring to the RED bead.

2



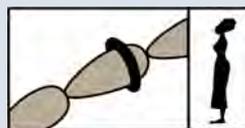
Move the ring one bead each day. Move it even on the days when you have your period. Always move in the direction of the arrow.

3



Abstain or use a condom when the ring is on any WHITE bead if you do not want to become pregnant.

4

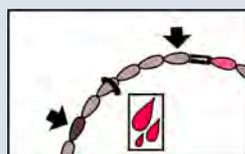


You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.

5



Move the ring to the RED bead again when your next period starts. Skip over any beads that are left.



To use CycleBeads, your period should start between the DARK BROWN bead and the last BROWN bead.

Who can use SDM?

- Women who have regular menstrual cycles (between 26 and 32 days long). Women who have more than one cycle outside this range in a year should not use SDM to prevent pregnancy, since the method would be less effective for them.
- Couples who communicate well and agree to use condoms or not have sex when the woman is likely to get pregnant.

How does SDM work?

- To track fertile days, the woman or her partner moves a rubber ring one bead every day.
- On the day she starts her period, she moves the ring to the red bead and marks that day on her calendar. To prevent pregnancy, she avoids unprotected sex when the ring is on a white bead day.
- On all brown bead days, pregnancy is very unlikely. On the day she starts her next period, she skips over any remaining brown beads, puts the ring on the red bead, and begins a new cycle.
- To monitor her cycle length, the woman knows that if her period starts before moving the ring to the darker brown bead her cycle is shorter than 26 days.
- If she doesn't start her period by the day after moving the ring to the last brown bead, her cycle is longer than 32 days. If she has a cycle shorter than 26 or longer than 32 days more than once in a year, SDM will not be effective for her, and she should use another method.
- If a couple does have unprotected sex during the white bead days, consider using emergency contraceptive pills (EC). EC should only be used as an occasional back up plan, not something to be used regularly.

SDM and Couples

- SDM helps men become more involved in family planning. SDM is a simple way for couples to share the responsibility of family planning. Both the man and the woman can share responsibility moving the ring each day.
- SDM allows the couple to know when the woman is most likely to get pregnant, so the couple can also use SDM to help get pregnant when they are ready.
- Before starting to use SDM, talk with your partner. Decide together what you will do on the days you are likely to get pregnant.

Why do people like using SDM?

- It helps you better understand how your body works.
- Couples only have to buy CycleBeads® once.
- SDM allows both partners to be involved in family planning.
- SDM helps keep track of your menstrual cycle over time.
- It is a natural method; there are no side effects from drugs or medications.

Why do people not like using SDM?

- A woman's cycle may be longer than 32 days or shorter than 26 days.
- The user needs to remember to move the ring every day.
- SDM does not protect against HIV/AIDS or other STIs.



What else do I need to know?

- What if you forget to move the ring?
 - ✓ Check your calendar for the day you marked as the first day of your period.
 - ✓ Count the number of days that have passed from that day until today.
 - ✓ Starting on the RED bead, move the ring that same number of beads on your CycleBeads.
- Keep checking the length of your cycles.
 - ✓ The length of your cycles may change over time.
 - ✓ If you have more than one cycle in one year that is shorter than 26 days or longer than 32 days, SDM will no longer work for you.
- You may need to wait a while before using SDM.
 - ✓ If you recently had a baby or you are breastfeeding, talk to your healthcare provider before using SDM.
 - ✓ If you recently used another family planning method, you must learn more about your cycles. Talk to your healthcare provider before using SDM.

ANNEX C

GENDER GROUP EXERCISES





ANNEX C

GENDER GROUP EXERCISES

Adapted from: **Planting Equality: Getting it Right for Girls and Boys, Plan's Gender and Child Rights Training Manual by Plan International**

The games, ice breakers, and other group exercises here may be used during orientations (for Facilitators or Catalyzers) to help people understand gender concepts and identify gender norms. They may be used during the recommended monthly or bi-monthly reflection meetings to help Facilitators and Supervisors deepen their comprehension of gender and examine their own gender assumptions and gendered behaviors.

Gender Awareness Games

1. Gender Proverbs

This is a fun activity that explores how ideas about women and men are created and reinforced through social customs. Use it as a warm up for sessions on gender awareness or gender analysis, or to break a large group into smaller groups.

Preparation: Collect proverbs or quotes that demonstrate different beliefs about women, men, and equality. We recommend that you use locally relevant and culturally specific proverbs.

Examples of Proverbs:

- A man is as old as he feels, and a woman as old as she looks. (English)
- When men and women die, as poets sung, his heart's the last part moves, her last, the tongue. (Benjamin Franklin)
- Girls we love for what they are; men for what they promise to be. (Goethe)
- Man is the head of the family, woman the neck that turns the head. (Chinese)
- Prudent men woo thrifty women. (German)
- A woman is a flower in a garden; her husband is the fence around it. (Ghanaian)
- The man dies in the wind, the woman in the house. (Ugandan)
- Men are gold and women are cloth. (Cambodian)
- Men may be tarnished by their deeds, but these can be wiped clean. Women, once soiled, will always be stained. (On the importance of women's "proper" sexual behavior.)
- Just as you shouldn't try to set aside delicious food for tomorrow, if your wife is desirable don't have her walk behind you. (Cambodian)
- The rice gives the soil that cultivated appearance and the soil helps cultivate the rice seeds. (Cambodian) (A metaphor for the complementarity of women and men.)

Instructions: Divide the participants into pairs, or into small groups of five to eight. Ask participants:

- What does the proverb say about women and men (and gender relations if that concept has already been introduced)?
- What are the implications for women's and men's access to rights?

At the end of the small group activity, ask each group to present the highlights of their discussion.

Variations: To encourage dialogue or creativity, add one of the following tasks:

- Ask groups to think of other proverbs, quotes, or songs from their context that convey similar ideas.
- Ask groups to find a way to change the proverb to communicate ideas of gender equality. Post the new proverbs and have everyone vote for their favorite.

2. Knives and Forks

This is a fun puzzle that can energize a group while introducing or reinforcing ideas about inclusion and exclusion.

Preparation: You will need a knife and a fork. Identify a helper and give her/him the secret before the game begins. **Secret:** “Crossed” or “uncrossed” does not depend on how participants position the knife and fork, but on whether their legs are crossed or not! The knife and fork are actually irrelevant.

Instructions: Ask participants to sit in a closed circle. You and your helper should sit in the circle across from one another to ensure a clear view of all participants. State that you are going to explain the rules of the game only once, so they should listen carefully.

State that participants’ task is to pass the knife and fork to the next person. Each participant will choose to pass the utensils *crossed* or *uncrossed*, and will correspondingly say aloud, “crossed” or “uncrossed.” Explain that you will tell them whether they are right or wrong.

You, the moderator, will start the passing. Cross your legs. Cross the knife and fork and announce “crossed” as you pass them to the next person.

As people pass the knife and fork and announce “crossed” or “uncrossed,” congratulate those who happen to get it right (saying “uncrossed” when their legs are *uncrossed*, and “crossed” when their legs are *crossed* – regardless of the position of the knife and fork). Also, announce when someone gets it wrong. Your helper can also announce right or wrong for the people on your side of the circle whom you may not be able to see.

Participants will soon realize that there is a secret code, and some people will solve it quite quickly. Encourage them to join in commenting on whether people get it right or wrong.

As the game continues, those who haven’t yet cracked the code may begin to feel frustrated, excluded, stupid, or apathetic. These experiences help make the game a learning exercise related to participation or institutions – but they are also signs that it will soon be time to end the game.

When you tell participants to stop passing the utensils – but before telling them the secret code – ask people to raise their hands if they understand the secret. Ask those who have not solved the secret to state how they are feeling. Ask those who do know the secret to state how they are feeling. Then ask one of them to explain the code to those who did not figure it out.

Debriefing: Ask questions about the experience from participants’ perspectives:

- Why did participants who figured out the secret **not** tell the rest of the group what the code was? (They rarely do, even though the rules did not say they could not)
- What was it like to feel empowered (“cracking the code”) or disempowered (not understanding the rules of the game)? How did this affect their enjoyment of the game?
- How did they feel about others (that is, how did those who did not understand feel about those who did, and vice-versa)?

Next, discuss the implications for participation in real-world institutions and groups (formal and informal). For example:

- How is transparency and access to information important for participation?
- What challenges do previously-excluded individuals face when they are invited to participate (that is, when they are told how to solve the code)?

Conclusion: Conclude by explaining that this game is linked to learning about social institutions. Social institutions are how children and adults learn “the rules of the game.” The rules of institutions have their own internal logic, and seem “natural” to individuals who have been socialized in them, but in fact they are socially created. This means that they may be quite arbitrary in some ways, that they are different in different contexts and that they can be changed.

3. Gender Facts

Preparation: Research 5-10 gender facts that will be controversial or unknown, and organize these facts into a ‘quiz’ with multiple-choice answers (examples below). Create questions that will be relevant to your target audience’s technical expertise, geographical origins, etc. Print the quizzes or write questions and multiple-choice answers on a flipchart.

Instructions: If the quiz is done by individuals or in small teams:

- Give people a limited time to complete the questions.
- Take answers per question (people calling out or holding up their hand) and then give correct answers (optional: provide an explanation).
- Individuals or teams score their answers.

If the quiz is done in plenary:

- Read each question and ask participants to guess the answers.
- After some guesses reveal the answer (optional: provide an explanation).

Examples of Gender Facts (Correct Responses in Bold)

1. 24% of men in developing countries usually collect drinking water, compared to what percentage of women?¹
 - a) 40%
 - b) 64%**
 - c) 75%
2. In 12% of households, children collect drinking water. Which statement is correct?¹
 - a) Boys are twice as likely as girls to get water.
 - b) Girls are twice as likely as boys to get water.**
 - c) Boys and girls have an equal chance of getting drinking water.

Some great resources for Gender Facts:

Because I Am a Girl Report Series.

<http://plan-international.org/girls/resources/publications.php>

State of the World’s Children (UNICEF 2012)

http://www.unicef.org/sowc2012/pdfs/SOWC%202012-Main%20Report_EN_13Mar2012.pdf

Facts on Gender-Based Violence (Oxfam)

<http://oxfam.ca/what-we-do/themes-and-issues/womens-equality/16-facts-about-gender-based-violence>

Child Protection from Violence, Exploitation and Abuse Snapshot (UNICEF 2010)

[http://www.unicef.org/protection/CP_Thematic_Report_2010\(1\).pdf](http://www.unicef.org/protection/CP_Thematic_Report_2010(1).pdf)

(Note: 8% of girls usually collect the drinking water, as opposed to 4% of boys.)

¹ Information for Questions 1, 2, 3 and 6 from: State of the World’s Children, UNICEF, 2012. http://www.unicef.org/sowc2012/pdfs/SOWC%202012-Main%20Report_EN_13Mar2012.pdf

- 
3. A national census in Bangladesh indicated what percentage of women aged 20-24 gave birth before the age of 18? ¹
- 20%
 - 40%**
 - 60%
4. A national census in Uganda asked boys and girls aged 15-19: “Do you think that a husband is justified in hitting or beating his wife under certain circumstances?” Which are the correct findings? ²
- Young men are much more likely to agree than young women.
 - Young women are more likely to agree than young men.
 - Equal numbers of men and women agreed.**
- (Note: When surveyed, 69% of young men and 70% of young women agreed with this statement.)
5. A national census in India assessed adolescents on their knowledge level of HIV/AIDS. What do you expect came from the research? ²
- Young men are more likely to be knowledgeable about HIV/AIDS than young women.**
 - Young women are more likely to be knowledgeable about HIV/AIDS than young men.
 - Both young men and women had equal knowledge levels.
6. Comparing national level data: Which statement below is false about young women (aged 15-19) who are currently married or in union? ¹
- Niger has one of the highest indicators – at 60%.
 - A Ghanaian girl is as likely as a girl in either Sudan or Kenya to be married young.**
 - Young women in South Asia are nearly three times more likely than girls in South East Asia and the Pacific to marry young.

Note: 8% of Ghanaian girls aged 15-19 are married, compared with about 25% in Kenya and 26% in Sudan.

7. Each year, an estimated 800,000 people are trafficked across borders. Which percentage represents women and girls? ³
- 80%**
 - 65%
 - 50%
 - 40%
8. Women are more susceptible to violence during times of emergencies or crises due to increased insecurity. ³
- True**
 - False

² No source provided

³ Information for Questions 7 through 9 from: Oxfam Website – ‘Facts about Gender-Based Violence’ <http://www.oxfam.ca/what-we-do/themes-and-issues/womens-equality/16-facts-about-gender-based-violence>

9. Globally, what number of girls are estimated to be “missing” as a result of sex-selective abortions or neglect? ³
- 90 million
 - 60 million**
 - 20 million
 - 10 million
10. Of the 60 million girls worldwide who are child brides (marriage before the age of 18) which of the following are true: ⁴
- Half of these girls are in South Asia**
 - Just over half of these girls are from Sub-Saharan Africa
 - 10% of these girls are from Sub-Saharan Africa

Note: Of the 60 million child brides worldwide, 31.3 million are in South Asia and 14.1 million in Sub-Saharan Africa. Violence and abuse characterize married life for many of these girls. Women who marry early are more likely to be beaten or threatened, and more likely to believe that a husband might sometimes be justified in beating his wife.

11. Worldwide, up to ___ percent of sexual assaults are committed against girls under 16. ⁵
- 10%
 - 25%
 - 50%**
 - 75%

Note: An estimated 150 million girls under the age of 18 suffered some form of sexual violence in 2002 alone. The first sexual experience of some 30% of all women was forced. Among those who were under 15 at the time of sexual initiation, up to 45% report that the experience was forced.

4. Balloon Stomp

This activity is a great way to explore stereotypes, myths, value judgments, and beliefs about gender. Participants will learn to make connections and link gender concepts together. This activity can also be used to break participants into pairs for future small group work.

Preparation: Choose a set of questions and answers (Q and A; see below for examples) on gender equality. Write each Question on a piece of paper, and each Answer on a separate piece of paper. Roll each piece of paper and place it in a balloon: each question will be in a separate balloon from its answer. Blow the balloons up.

Q and A Examples:

Q: What is gender equality?

A: The vision and end result whereby girls and women are not discriminated against because of their sex, and experience equal outcomes and opportunities (social, economic, political).

Q: Gender equity should lead to what?

⁴ UN Women: The Facts: Violence against women and millennium development goals.

⁵ Say No, Unite to End Violence Against Women. UN Women. <http://saynotoviolence.org/issue/facts-and-figures>.

A: Gender equality

Q: Apart from gender, what other factors influence girls' experiences of discrimination and oppression?

A: Economic status, sexuality, age, disability, ethnicity, religious affiliation

Q: Why is a gender perspective needed for child rights?

A: Boys and girls have unique needs and face different challenges in realizing their rights.

Instructions: In plenary, participants walk around the room (perhaps to music) until the Moderator says “*jump!*” Each person stands on a balloon to burst it, and releases the statement inside. Each participant then looks for the person with the Answer to the Question they have, or the Question to the Answer.

In plenary, have participants read aloud their questions and answers, and discuss with the group.

5. Gender Relay

This exercise energizes participants while clarifying key concepts of *and* differences between sex and gender.

Preparation: Place two flipchart stands next to each other, and allow enough space for each team to form a line in front. Mark a starting line on the floor at least 2 meters from the flipchart stands.

	Sex	Gender
Women		
Men		

Divide the flipchart paper into two columns, then draw a line across the middle to create two rows. At the top of the left column write “Sex” and at the top of the right column write “Gender.” Label the top row “Women” and the bottom row “Men.” Repeat on the second flipchart paper.

Instructions: In this activity, participants work in two teams and try to record as many correct sex or gender characteristics as possible. The team with the greatest number of correct characteristics wins.

Ask participants to form equal lines in front of the flipchart stands. Explain that this is a relay and the marker is the baton.

There are two gender terms on each flipchart, and spaces to put characteristics for men or women under each term. For example “head of household” could be written under men as a gender characteristic or “give birth” under women as a sex characteristic.

The first participant will run up to the flipchart and write down one characteristic (for either sex or gender, women or men), then run back to the line and pass their marker to the next person. Make sure participants understand the game, then begin the relay!

This should be a fast-moving and fun game. Put pressure on teams by reminding them how much time they have left and counting down the last 15 seconds. End the relay after about 5 minutes (depending on the number of participants and how fast they are moving).

Review each characteristic in plenary, awarding one point for each correct answer. When reviewing each team’s results, ask for explanations or rationales. The real aim of the activity at this point is not so much to see who wins but to clarify concepts for participants.

Tips on difficult answers: “Strong” is often written as a sex characteristic for men but it is more accurately a gender characteristic. Ask what is meant by strong: is it how many kilos someone can lift at one time, how many kilometres someone can walk with a heavy weight on their head, or how many hours they can work in the fields? Point out that what we think of as ‘strong’ is socially determined, and in fact by many definitions (such as stamina) women are as strong as or stronger than men.

“Tall” or “taller” is often written as a sex characteristic for men. This one is difficult – in most situations adult men from one group are taller than adult women from the same group. However, women from the Netherlands, for example, are likely to be much taller than men from Indonesia. Also, people’s heights have increased over generations due to better nutrition. So is being tall a sex characteristic? Or is it more of a result of ethnicity, nutrition, and other factors?

Introductory Games

1. Bingo

This will energize participants while introducing them to a new subject and to each other.

Preparation: Prepare bingo cards (a table of five columns and five rows, forming 25 boxes), and write a different characteristic or experience in each box.

- If you know the participants well, choose an interesting characteristic of each one, such as “speaks four languages,” “once lived in Sweden,” “was once in a movie,” “has twins,” “collects children’s art,” etc.
- If you don’t know your participants, make a list of more general traits, such as “drinks tea instead of coffee,” “loves the color orange,” “has many pets,” “likes old movies.”
- You can choose traits or experiences that relate directly to the training topic, such as “has participated in shadow reporting for CEDAW,” “knows the difference between practical gender needs and strategic gender interests,” “shares domestic work with spouse,” etc.

Instructions: Give each participant a bingo card and a pen. Explain that, for the next XX minutes, participants will mingle, introduce themselves, and find people who match the traits on the card. They must put the person’s name in the corresponding box or have the person sign the appropriate square. The first person to fill five boxes across or down yells “**Bingo!**” and the game is over.

In plenary, ask participants to introduce themselves and share one of the interesting traits they learned about someone else.

2. What I Like; What I Don’t Like

This activity introduces participants to each other and to the training.

Instructions: Organize participants into small groups of no more than four people each. Ask them to discuss, by way of introduction, the following:

- Two things they like doing that are also considered traditional for their gender
- Two things they dislike like doing that are considered traditional for their gender
- Two things they like doing that are considered non-traditional for their gender
- Two things they wish they could do that are considered non-traditional for their gender

Return groups to plenary and ask one person from each group to introduce the members of his/her group and provide a short summary of their discussion.

