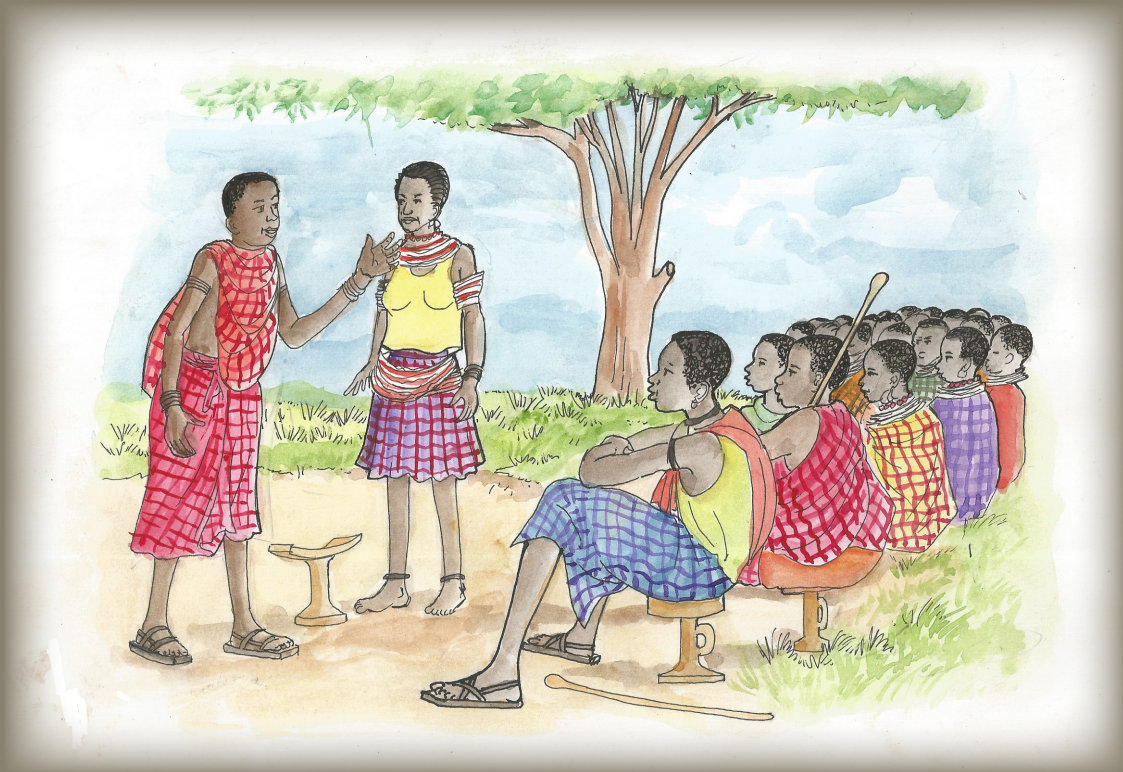


PART 1:

RESOURCES AND GUIDELINES



Part 1

PEER GROUP MEETING RESOURCES

How to Be a Good Moderator

There are many ways in which you can be a good Peer Moderator. Here are some tips for when you are holding Meetings with your Peer Group. Can you think of more? Add them here to help you remember!

- Prepare for each meeting in advance, by reading and reviewing materials and visual aids with your Peer Moderator Partner.
- For meetings with both men and women, you and your partner should decide which sections you will each lead. Split the responsibilities as equally as possible.
- Encourage a friendly and positive atmosphere where all members are encouraged to participate.
- Maintain respect and confidentiality of all peer moderators and group members.
- Practice empathy and withhold judgment when personal situations or feelings get discussed within the group.
- While working with groups of men and women, encourage both men and women to participate. If the women are not talking, consider dividing the men and women into separate groups to discuss the questions. Then bringing them back together to share their ideas.
- Help everyone share their ideas and ask gently that members give everyone a chance to talk. Help those who are quiet participate in the discussion.
- Help everyone participate. You can do this by asking questions. If someone has a question, direct it first to the group to see if another member can answer it.
- Let all Peer Members know that they can address questions to you privately if they wish.
- Remember, these meetings are not a class. All participants have a role and something to contribute. You can tell that a meeting went well when the Peer Group Members have spoken more than the Peer Moderator!

Handling Questions

Here are some tips for handling questions during Peer Group Meetings. Add other tips that you come up with during training.

- Your role is to help Peer Group Members learn about and share what they know about fertility and family planning methods.

- Tell Peer Group Members that you will share what you know, but that it is possible that you do not have all the answers.
- If there is a question for which you don't know the answer, you can either ask if someone in the group knows, or let them know that you will find the answer and share with them at the next meeting.

Addressing Challenging Situations

There will be situations that come up during meetings that require special attention. Often, it's possible to prevent these situations from occurring frequently if group rules are set out in the beginning and the group is reminded of them at the beginning of each meeting.

When problems do arise, it's best to include the support of the group in challenging situations with individual peer group members. Often the participants are able to manage a difficult situation on their own, and this in turn helps in their learning to discuss these topics with the community.

➤ **For participants who are always talking and preventing others from speaking:**

- Set rules at the beginning of the meeting that limit each person to speak no more than 1 or 2 minutes.
- Avoid looking at the person.
- Tell the "talker" that you will come back to him/her in a moment after you hear from other group members.

➤ **For participants who argue:**

- Remind the peer group members of the ground rules set out in the beginning of the meetings to be respectful of others' opinions.
- Avoid getting personal, but let the person know you understand they are upset, and that perhaps someone else has another view of how to approach the question.
- Refer the question to the group to help solve the question that is being debated.
- If nothing is working, tell the person that the discussion can be continued outside the meeting.

➤ **For participants who mention that they are afraid to talk about fertility or family planning because a husband or another family member will become violent:**

- Thank the person for being courageous enough to share this with the group. Remind the group of the importance of respecting privacy and keeping personal situations within the group.
- Let the individual know that you are available to speak privately or refer her to more help if she would like. Refer the individual to the LC1 and the CDO to further discuss the problem. If facing physical injury, refer her to the health center for treatment. Follow up with the LC1/ CDO to see if there is anything that you can do to support.

Guidelines for Peer Group Meetings

<p>1</p> <p>Moderator Preparation</p> <p><i>Time:</i> 45 minutes - 1 hour</p>	<p>Before the meeting, meet with your Peer Moderator Partner to review the activity plan for the upcoming meeting</p> <ul style="list-style-type: none"> ➤ Decide on responsibilities for each Peer Moderator. ➤ Read the activity plan several times so that you are familiar with the content ➤ Practice delivering the activity plan so that you will be comfortable when you meet with the Peer Group Members. ➤ Have the materials that you need ready: Poster, Reminder Cards, and Attendance Sheet
<p>2</p> <p>Welcome the Group</p> <p><i>Time: 10 minutes</i></p>	<p>As group members arrive:</p> <ul style="list-style-type: none"> ➤ Smile and greet everyone as they arrive ➤ Organize participants in a circle and sit with the group ➤ Mark on the attendance form who is at the meeting
<p>3</p> <p>During the Meeting</p> <p><i>Time: See time listed in the activity plan</i></p>	<p>During the meeting, remember to:</p> <ul style="list-style-type: none"> ➤ Follow the activity plan for the meeting, but allow yourself to have fun! ➤ Face the participants and made eye contact ➤ Ask questions that generate participation ➤ Listen actively to the participants and give each one your full attention. ➤ During group work, walk around and make sure everyone is understanding. ➤ Invite participants to answer questions that were raised by others ➤ Encourage everyone to participate by asking and answering questions and acting in roll plays ➤ Thank everyone for participating, so that they feel their comments and questions are valued ➤ Share roles equally with your Peer Moderator Partner. Take turns leading different portions of the meeting.

Guidelines for Peer Group Meetings

4

Close the Meeting

Time: 10 minutes

Ask participants what they learned that day

- Summarize the key points
- Hand out Reminder Cards and encourage participants to share what they learned with three or more other people
- Thank everyone for participating
- Remind everyone of the date and time of the next meeting

5

After the Meeting

Time: 15 minutes

After the meeting, work with your Peer Moderator Partner to:

- Complete the report forms for the meeting
- Discuss what went well and what you think can be improved
- Decide when you will meet to prepare for your next meeting or theatre rehearsal

Part 1

RESOURCES FOR THEATER ACTIVITIES

How to Be a Good Moderator

There are many ways in which you can be a good Peer Moderator. Here are some tips for when you are working with your Peer Group on theatre activities. Can you think of more? Be sure to add them to help you remember!

- Prepare for each rehearsal in advance, by reading and reviewing the storyline and moderation questions with your Peer Moderator Partner.
- Review the “Tips for Actors” and “Dos and Don’ts for Dramas” before rehearsals. Remind Peer Members of these as they are rehearsing dramas.
- Be positive, enthusiastic, and encouraging. Give lots of praise, and tell Peer Members what they did well.
- Encourage Peer Group Members to work together as a team in creating the performance.
- Encourage Peer Members to be creative! They can create their own lines, show characters doing everyday activities, and even add new characters and events! The important thing is to make sure the key messages are clearly stated in the drama.
- When Peer Members get tired of rehearsing a scene, move on to the next scene. You can practice the entire drama from the beginning after you have rehearsed all the scenes. If the group’s energy is low, try using one of the Drama Exercises on the next page to re-energize everyone.
- Peer Members may be nervous when they first begin acting. Remind them that with practice this will become easier! They may want to practice amongst themselves before rehearsing in front of other Peer Members.
- Some Peer Members may not want to act in theatre performances. This is fine. Those peer members can have other roles, such as being the audience during rehearsals, mobilizing community members to attend, and leading drama exercises with the audience.
- Have fun!

Drama Exercises

These exercises can be used as warm-up activities at the beginning of rehearsals and performances. You can also use them as an energizer during performances when people are arriving. You can also use other songs, games, or exercises that you know.

Sing a song!

Teach everyone the lyrics below. Then assign each person a number. The first person begins and then passes the song to the second, third, and so on, in turn.

Zing, zing, zing, epei, ngyarei, ngiuni; Zing, Zing, Zing, "Arai Okech"

Ngyai ayonga?

Ee! lyong

Meer ayong!

Naibo?

Arai Lochap!

"Leader Says"

Everyone stands in a circle. The Leader tells the group to follow his or her instructions and gestures, but only when he or she says "Leader says" first. Instructions that do not include "Leader Says" should be ignored. Those that follow the instructions anyway are out of the game.

For example, when he or she says "Leader says put your hand on your head" or "Leader says jump up and down." Everyone should follow. When he or she says "Turn in circles", the group should ignore this because it does not start with "Leader says". Those that follow the instructions anyway are out of the game.

Imagine you are...

Everyone acts the following activities without using any words. Add other activities that you think of!

- Lifting a 20kilo jerry can
- Jumping high to pick a mango from a tree
- Milking a cow
- Dipping your finger in a pot of boiling hot water
- Preparing meat to cook
- Feeling cold

“Make a sound”

Ask everyone to make the following sounds. Add any other sounds that you think of!

- A crying baby
- An elephant
- A car
- A pot of boiling water
- A thunderstorm

Imitate your neighbor!

Everyone gets into pairs. One person is the actor and the other is the mirror. The actor makes different motions and gestures, and the mirror copies the actor. Then they switch roles. Encourage everyone to get creative with these!

Tips for Actors

Share these tips for acting with Peer Members during the first theatre rehearsal. Encourage Peer Members to incorporate these into their acting during rehearsals and performances.

- An actor’s goal is to make people believe in what he or she says and does. When acting, you are representing a different person. You can talk and do things the way that person would do them. The more you pretend to be the other person, the more fun you will have!
- Speak loudly, clearly, and slowly so the audience can hear you
- Stand so that the audience can see your face and hear you easily
- Use movement and gestures to emphasize points
- Use character names frequently
- Do not be afraid of making a mistake!

Dos and Don'ts for Dramas

Keep these in mind when directing theatre performances.

Do

- **Do** portray all characters with dignity and respect.
- **Do** show positive behavior. This can help encourage change in your community!
- **Do** separate people from their role in the drama. Refer to actors by their characters' names.
- **Do** use lots of props, humor, and exaggeration.
- **Do** encourage audience participation.
- **Do** end the drama after the main points have been made.

Don't....

- **Do not** show bad things, such as rape or violence, happening directly. Instead talk about them having happened.
- **Do not** give people roles that are too similar to their situation in real life.
- **Do not** use violence as humor. This is dehumanizing to people who suffer from violence.
- **Do not** make fun of people.

Sources: SASA! Tips Booklet and Hesperian Health Guides Health Action for Women

How to Lead Drama Moderation Sessions

1. **After each scene, ask the moderation questions.** You can also add your own questions. Use simple, clear, and 'open' questions that allow for many different answers and discussion.
2. **Wait for responses.** Give people time to think and come up with an answer. Do not overwhelm them with more questions.
3. **Use encouraging phrases:** 'Yes...I see...and then?tell me more...!' These encourage the person to explain their response.
4. **Rephrase what someone has said.** Briefly restate what people say in your own words, to make sure you have heard and understood.
5. **Encourage many people to contribute.** "Do you agree?" or "What do others think?"
6. **Don't let one person dominate.** If one person is talking a lot, thank them for participating and ask if anyone else would like to share their view.

7. **Respond to questions and correct any misinformation.** If you don't know the answer to a question, tell the person you will find out and come back to them with the answer. They can also go to a VHT or Health Centre for more information.
8. **Read the Summary aloud.** The Summary gives a brief description of the main points and important messages in the drama. If there is anything the audience did not understand, this is the time to make sure they have the correct information.
9. **Be mindful of time.** During Moderation sessions between scenes, people will be eager to see the rest of the drama! Once the questions have been answered, give the summary and return to the drama. The final moderation session can last longer if people are interested in continuing the discussion.

Guidelines for Rehearsing Storylines

<p>1</p> <p>Moderator Preparation</p> <p><i>Time: 45-60 minutes</i></p>	<p>Before the rehearsal, meet with your Peer Moderator Partner to read and become familiar with the storyline and moderation questions.</p> <ul style="list-style-type: none"> ➤ Read the storyline several times so that you remember the story and will be comfortable directing the peer group members in their roles. Try to be familiar enough with the story that you don't need read it directly during the rehearsal, though it is fine to refer back to the story occasionally. ➤ Practice with your Peer Moderator Partner by telling the story to one another. ➤ Read the moderation questions and the answers provided. Do these make sense to you? If you don't understand something, refer back to the Activity Plans on this topic.
<p>2</p> <p>Preparations with the Peer Members</p> <p><i>Time: 15 minutes</i></p>	<p>Warm up Activity.</p> <p>Lead a drama exercise to relax the peer members and spark creativity. Select a drama exercise, such as a song or game, from page 9.</p> <p>Prepare the stage.</p> <p>With the peer members, identify an area that will serve as the stage for the performance. This can be marked with stones, sticks, a line in the dirt, or ash, if desired. Decide where the audience will sit during the performance.</p>
<p>3</p> <p>Review Content from Peer Meetings</p> <p><i>Time: 15 minutes</i></p>	<p>Use the questions in the "Content Review" section to guide a discussion of what was covered in the Peer Meetings and review key messages from the Peer Meetings on this topic.</p> <p>Follow the activity plan for the meeting, but allow yourself to have fun!</p> <p>Make sure that the peer group members understand the information correctly. If they have forgotten or remember incorrectly, remind them of the correct information.</p> <p>Remind the Peer Members to keep these points in mind when working on the drama!</p>

Guidelines for Rehearsing Storylines

4

Describe the storyline

Time: 15 minutes

Describe the storyline of the drama to the Peer Members.

- Introduce the names of the characters in the play and their roles and relationships (for example, friends, husband and wife, nurse, etc.)
- Describe the events that happen in each scene and what the different characters do and say. You can use your own words to tell the story.
- Ask the moderation questions to make sure the Peer Members understand the story and key messages well. Explain the key points using the “summary” provided with the moderation questions.

5

Cast the Play

Time: 10 minutes

Assign roles for each character in the drama.

- Ask for volunteers to play each character
- If multiple people would like a role, the group can help decide who might be best suited for acting each role
- Try to alternate main roles between different Peer Members each week, so that people take turns playing larger and smaller roles.
- Ask for a volunteer to introduce the drama at the beginning of the performance.

6

Develop and Rehearse each Scene

Time: 45 minutes total (15 minutes per scene)

Work with the Peer Members to develop and rehearse each scene.

- Explain the scene to the Peer Members.
- Peer Members practice acting the scene. They can create their own dialogue and have the characters do activities that are typical in their community, adding conversation, gestures, props that would be normal.
- As they practice, the Moderator and other Peer Members can give advice and suggestions on how to improve
- Practice each scene several times until the Peer Members feel confident, then move on to next scene.

As Moderator, you should encourage the Peer Members to:

- Speak loudly
- Stand so that the audience can see and hear them easily
- Use character names frequently when talking to each other
- Develop their own lines, so long as the key messages are still included
- Suggest additional characters to include in the drama
- Use props, such as household items, farming tools, and other objects used in daily life to make the drama more realistic.
- Practice where they will enter and exit the stage
- Identify points where they can speak to the audience or include audience interactions, such as asking questions to audience members
- Have fun!

Guidelines for Rehearsing Storylines

<p>7</p> <p>Rehearse the Entire Drama</p> <p><i>Time: 15 minutes</i></p>	<p>Practice the entire drama from beginning to end several times, until all actors feel comfortable.</p> <p>Be sure to include the introduction for the audience and the moderation questions in this rehearsal.</p>
<p>8</p> <p>Conduct a Debriefing</p> <p><i>Time: 15 minutes</i></p>	<p>Discuss the activities with the peer members.</p> <ol style="list-style-type: none"> 1. What worked well during this rehearsal? 2. What did not work well during this rehearsal? 3. Do you feel ready to perform this in front of the community? If not, schedule time for another rehearsal prior to the performance. <p>Schedule the community performance.</p> <p>➤ With the peer members, select a time to hold the community performance. Ask for volunteers to mobilize the community members to attend</p> <p>Closing</p> <p>Thank the actors for their hard work and participation. Close with a song or game.</p>

Guidelines for Creating a New Drama

<p>1</p> <p>Warm Up Activity</p> <p><i>Time: 10 minutes</i></p>	<p>Warm up Activity</p> <p>Lead a drama exercise to relax and the peer members and spark creativity. Select a drama exercise, such as a song or game, from page 9.</p>
<p>2</p> <p>Review Content from Peer Meetings</p> <p><i>Time: 20 Minutes</i></p>	<p>Use the questions in the “Content Review” section to guide a discussion of what was covered in the Peer Meetings and key messages from the Peer Meetings on this topic.</p> <p>Make sure that the peer group members understand the information correctly. If they have forgotten or remember incorrectly, remind them of the correct information.</p> <p>Remind the Peer Members to keep these points in mind when working on the drama!</p>
<p>3</p> <p>Read the Drama Prompt</p> <p><i>Time: 1 minute</i></p>	<p>Tell the group they are going to make their own drama on this topic!</p> <p>Here’s an idea to get the drama started:</p> <p>Read the Drama Prompt for the topic.</p>
<p>4</p> <p>Discuss guiding questions with group following the WOW (want, obstacle, win) approach</p> <p><i>Time: 20 Minutes</i></p>	<p>Discuss the following questions with the group:</p> <p>Discuss the questions to help the group think about what should happen in the drama.</p> <ol style="list-style-type: none"> 1. Want: What does the character want? <ul style="list-style-type: none"> • What problem or challenge is the character facing? • What goal does the character want to reach? 2. Obstacle: What obstacle does the person face? <ul style="list-style-type: none"> • What is preventing the character from getting what she or he wants? • Are there beliefs or practices in our community that make it hard for the character to get what he or she wants? • Are there people who won’t like what the character is trying to do? Are there people who won’t understand what the character is trying to do? 3. Win: How does the character resolve the situation in a positive way? <ul style="list-style-type: none"> • What could the character do to make this situation better? • Who could help the character to get what he or she wants?

Guidelines for Creating a New Drama

<p>5</p> <p>Actors create a Drama!</p> <p><i>Time: 30 Minutes</i></p>	<p>Invite the actors to create their own drama based on the drama prompt.</p> <p>As Moderator, you should:</p> <ol style="list-style-type: none"> 1. Encourage actors to include some the Wants, Obstacles, and Wins they just discussed. They could also come up with new ideas as they work on the drama. 2. Encourage actors to include the key messages discussed at the beginning of the session. 3. Encourage actors to create different characters and scenes to show different types of people talking about the issue, identifying obstacles, and addressing the challenge in a positive way (or “winning”) 4. Encourage the peer members to identify points where they can speak directly to the audience or include audience interactions, such as asking questions to audience members 5. Make sure that the information the actors include is correct, based on the key messages above and what was covered in the peer meetings. It is fine to have a character who has incorrect information at the beginning and then learns correct information during the drama.
<p>6</p> <p>Rehearse the Entire Drama</p> <p><i>Time: 20 Minutes</i></p>	<p>Practice the entire drama from beginning to end several times, until all actors feel comfortable.</p> <ul style="list-style-type: none"> ➤ Select someone to give the introduction to the drama and the topic. Include this in the rehearsal. ➤ Rehearse and practice several times until everyone feels comfortable.
<p>7</p> <p>Prepare for Moderation</p> <p><i>Time: 15 minutes</i></p>	<p>Review the moderation questions and practice with Peer Group Members.</p> <p>Ask the moderation questions listed with Drama Prompt to Peer Group Members. You can also create your own moderation questions based on what happened in the drama.</p> <p>Think about the responses that community members in the audience may give, and how you will moderate a discussion. Remember that community members in the audience may give different responses than the Peer Group Members. Review the Content and be prepared to correct any misinformation that the audience members may have.</p>

Guidelines for Creating a New Drama

8

Conduct a Debriefing

Time: 15 minutes

Discuss the activities with the peer members.

1. What worked well during this rehearsal?
2. What did not work well during this rehearsal?
3. Do you feel ready to perform this in front of the community? If not, schedule time for another rehearsal prior to the performance.

Schedule the community performance.

- With the peer members, select a time to hold the community performance. Ask for volunteers to mobilize the community members to attend

Closing

Thank the actors for their hard work and participation. Close with a song or game.

Guidelines for Community Theatre Performances

Follow these Guidelines for both storyline performances and the dramas that Peer Members create themselves.

<p>1</p> <p>Final Preparations with Peer Members</p> <p><i>Time: 30 minutes</i></p>	<p>Conduct a Theatre-Warm Up Activity with the Peer Members to help everyone relax and prepare to act.</p> <p>Prepare the stage.</p> <p>Mark the stage area with ash, sticks, or stones and indicate where the actors will perform and where the audience will sit. If any props are being used in the drama, place them in the correct spot on the stage or on the side of the stage.</p> <p>Final rehearsal. Practice the performance from beginning to end one last time. Include the introduction and moderation questions in this rehearsal.</p>
<p>2</p> <p>Mobilize Community Members to Watch the Performance</p> <p><i>Time: 20 minutes</i></p>	<p>Peer Members and CMC members mobilize community members and encourage them to gather at the stage</p>
<p>3</p> <p>Icebreaker with the Community Members</p> <p><i>Time: 10 minutes</i></p>	<p>Hold an icebreaker with community members.</p> <p>This can be a song or dance that the community enjoys.</p>
<p>4</p> <p>Introduce the Drama</p> <p><i>Time: 5 minutes</i></p>	<p>Opening Remarks</p> <p>Invite community leaders or other officials who may be present to make opening remarks</p> <p>Introduction by Peer Member</p> <p>The selected peer member introduces the drama, explaining the topic and some of the key messages.</p>

Guidelines for Community Theatre Performances

Follow these Guidelines for both storyline performances and the dramas that Peer Members create themselves.

<p>5</p> <p>Perform the Drama!</p> <p><i>Time: 30 minutes (including moderation)</i></p>	<p>Peer Members perform drama. After each scene, the Moderator discusses the moderation questions with the audience.</p> <p>Keep in mind the tips under “How to Lead Drama Moderation Sessions” on page 11.</p>
<p>6</p> <p>Final moderation session in Smaller groups</p> <p><i>Time: 20 minutes</i></p>	<p>Conduct the Final Moderation Session in Two Groups</p> <p>At the end of the drama, split the audience into two groups for the final moderation session. One group will be people 30 and under and the other will be those over 30.</p>
<p>7</p> <p>Conduct a Debriefing with Peer Members</p> <p><i>Time: 15 minutes</i></p>	<p>Gather the Peer Members to discuss their experience in today’s performance.</p> <ol style="list-style-type: none"> 1. What went well in today’s performance? 2. What did not go well in today’s performance? 3. How did the audience respond? 4. What should we keep in mind to work on for the next performance? <p>Remind the Peer Members of the next meeting or rehearsal time.</p> <p>Thank everyone for their hard work and participation. Close with a song or game.</p>