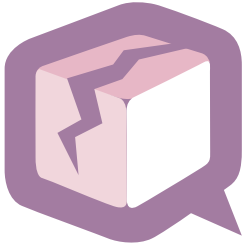


# TOPIC 1: COUPLES CONVERSATION



TOPIC 1:  
COUPLES  
CONVERSATION

# SINGLE-GENDER PEER MEETING GUIDE



## 1. OPENING – Welcome and Introductions, Ice-Breaker, Meeting Ground Rules

**Time:** 30 Minutes

**Objective:** The Peer Group will get acquainted with each other, begin discussing how information is shared, and establish ground rules for their meetings.

**Materials:** Tarp for ground or chairs; Couples Conversation Poster and Reminder Cards

*Arrange chairs in a circle or sit in a circle on a tarp so that people are facing each other.*

### Welcome and Introductions

1. **Welcome** the group.
2. **Introduce** yourself as the Peer Moderator. Congratulate the Peer Group members for being chosen to be in this important group. Thank them for offering to be of service to their community and educating others about fertility, family planning and better health.
3. **Ask** each Peer Group Member to introduce themselves and say one reason they are happy to be part of EDEAN.

### Ice Breaker - Telephone

1. **Getting Started.** Ask the Peer Group Members to stand in a circle.
2. **Begin the Game.** Whisper a sentence into the ear of one person. The sentence should be something silly that is not easy to remember, such as “Two large elephants were walking through the town looking for water when they met the mayor” or “The cows at the market were singing and dancing as the music played.” Only whisper the sentence once.
3. **The Game Continues.** Each player whispers the phrase to their neighbors until it reaches the last player.
4. **The Conclusion.** The last player says the word or phrase out loud so everyone can hear how much it has changed from the first whisper at the beginning of the circle or line.

5. **Say the phrase that you began with.** Ask if anyone is surprised by how the phrase changed.
6. **Try the game again,** mixing the players up and allowing another person to think of a phrase and pass it on.
7. **Discuss** the game with the group.
8. **Ask:** Aside from having fun, what did this game show you?

Possible responses:

- Game helps show how small changes to information can end up making a huge difference in a message.
- It is important to listen very carefully to what someone else says.
- Shows it is easy for rumors that are not true to spread as a message passes from person to person.
- It is important to make sure that information you hear from someone else is true.

### Meeting Ground Rules

1. **Ask:** How do we define a safe space for discussion?
2. **Allow for suggestions** and thank members for their ideas.
3. **Read Aloud:**

*“Let’s consider this: A safe space for discussion describes one in which everyone feels comfortable and safe to speak freely in discussions, to raise questions, and to know that discussions in the group remain private. A safe space for discussion is one in which every person respects the ideas and thoughts of each other and people are supportive of each other’s growth and learning.”*
4. **Ask group members to raise their hands** if they want to commit to making this a safe, comfortable environment for everyone.
5. **Say:** Next, we’ll prepare a list of Meeting Ground Rules.
6. **Ask group members to suggest ground rules** that they want to follow at each meeting.
7. **Write the ground rules** on the last page of this book.
8. **Add the following if they are not already suggested:**
  - Come to meetings on time.
  - No drinking alcohol before or during meetings.
  - All personal information or stories is not to be repeated to anyone outside of the group.
  - Listen to others and be respectful- no shouting or harsh words.

- No judgment or giving personal advice unless asked for.
- Follow the safe space ground rules.

*Moderators, you can revisit these ground rules over the course of the EDEAN sessions, whenever it feels needed.*



## 2. STORYTELLING – Topic Introduction

**Time:** 30 Minutes

**Objective:** The Peer Group will listen to a story about communication between husband and wife and reflect on possible solutions to a scenario.

### 1. Tell the following story to the group.

Ask the Peer Group Members to not interrupt the story and explain that there will be opportunity to discuss the story after it is finished. Read the story slowly, two times.

*Lokiru and Maria have three children. The husband, Lokiru, is not able to provide well for the family. Maria is concerned about having another child because they do not have enough food to feed their children or to pay for school fees. She wants to wait to have another child until Lokiru has found a way to make money. Maria wants to discuss with Lokiru how they might delay growing their family until they have the means to care for them, so their children can be healthy and go to school. She is afraid to discuss this with her husband because they have never talked about planning when to have children. She goes to her friend Natee for advice. Natee says—“Why don’t you go to the health facility and get a family planning method without him knowing?” Maria tells her that she wants Lokiru to know, because she wants them to decide as husband and wife.*

### 2. Ask the group what the story is about. Remind them of the story’s key points:

- Maria wants to go to the health center for a family planning method.
- She wants to discuss this with her husband so that they can come to a decision together.
- Maria is concerned about starting this conversation because she and her husband have never talked about family planning.

### 3. Discuss the story with the following questions:

- Do you know of families who are in a similar situation?
- How common is this in our community?
- Why is Maria afraid to talk to Lokiru?
- What do you think of Natee’s advice?
- What would you suggest Maria do?
- Who else can help Maria talk to Lokiru?

**4. Ask the group about their experience with communication between husband and wife — either within their own relationships or what they know from other people in their community.**

- When is talking to your husband or wife easy?
- When is talking to your husband or wife difficult?
- What are some of the ways that you know that a husband or wife can start a conversation?
- Are there times when it is better for a husband and a wife to talk about their personal things? When is that?

**5. Tell the group that today they are going to discuss more about communicating with a husband or wife and practice some of those skills.**

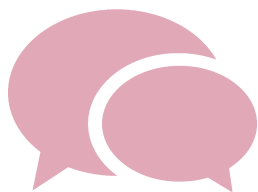
### 3. TOPIC ACTIVITY—Skills Building and Role-Playing

**Time:** 45 Minutes

**Objective:** The Peer Group will learn about Couples Communication and ways to make a safe, non-threatening environment for communication.

1. **Tell** the Group you're going to play a game called "Blind Communication."
2. **Explain** that the group will practice communication by leading each other.
3. **Ask** group members to split into pairs. One person in each pair should cover their eyes with a scarf or their hands. The other person selects an object nearby, such as a tree or window. The partner directs the "blind person" towards the object using only words. They have two minutes to try this, then the pair switches roles.
4. **Ask** the group the following questions, and discuss their answers:
  - How did you feel with the communication from your partner?
  - What did they do well?
  - What could have been better?
  - How can you apply in your daily life what you learned in this exercise?
  - How can this relate to communication between a husband and a wife?
5. **Explain** that communication within a couple follows the same principles as communication with other people. We may not understand another person's point of view, even if we are close to them. To have good communication, we should listen closely to what the other person is saying and ask questions to make sure we understand.
6. **Ask the group**—what ways can you communicate best with your partner?

7. **Discuss and add the following tips for Good Communication** even if they are suggested already:
- Listen well
  - Give your partner time to talk and do not interrupt while she or he is talking
  - If you don't understand something, ask questions to make sure you have a common understanding
  - Respond to your partner in a friendly and respectful way. Show that you are listening and hearing what your partner says, even if you disagree
  - Explain your point of view calmly
  - Remember that communication is also through what we do and how we react. When your spouse is talking, do not turn away, try not to shake your head, roll your eyes, fold your arms stiffly, or do anything else that might show you are defensive or angry
  - If you need time to think or be quiet, explain this and agree to continue the discussion later
  - Try to find a solution that is agreeable to both partners
8. **Encourage participants** to try some of these tips and the others discussed at home if they like, and see if it helps their communication. They might even try the “blind communication” game as a fun way to start talking about communication.



## 4. REFLECTION & DISCUSSION

**Time:** 15 Minutes

**Materials:** Poster—Couples Conversation



1. **Display** the “Couples Conversation” Poster
  - Ask participants what they see happening in the picture. Thank them for their responses.
2. **Lead a discussion** using the following questions as a guide:
  - Why is it beneficial for a couple to communicate?
  - How do we approach a conversation that is difficult?
  - What are the benefits of both partners discussing and having a say in issues that affect their family? Why is that important?
  - What are the ways we can assure a safe space for discussing difficult topics?
3. **Reinforce the following points** if not already brought up in the conversation:
  - Clear communication between husband and wife is important and vital to a healthy family.



- Family decisions are ideally made jointly between a man and a woman.
- Difficult conversations become easier with practice.
- Responsibility for family planning should be shared equally.

**4. Tell the group that in coming weeks they will talk more about these ways of communicating effectively with their spouse.**

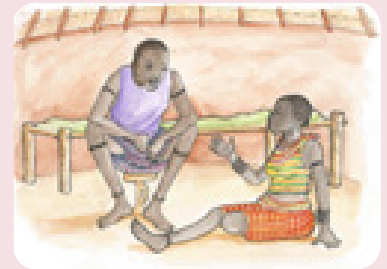


## 5. WRAP-UP

**Time:** 10 Minutes

**Materials:** Reminder Cards– Couples Conversation

**Objective:** Encourage group to share the information discussed today, thank the group and build connection

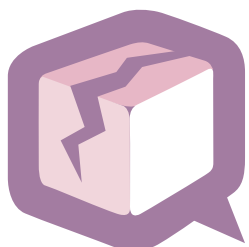


- 5. Ask** for group members to share something they learned today, or that surprised them.
- 6. Ask:** What will you do with this information?
- 7. Give a Couples Conversation Reminder Card to each participant.** Encourage participants to use this card to talk to other people about what they learned today.
- 8. Ask** participants to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication. Ask each participant to tell the person next to them the names of the people they will talk to.
- 9. Thank the group for a great discussion.** Make sure they know they are valued for their time and insight. Then, ask that each member turn to their left, look that person in the eyes, smile, and thank them for sharing their thoughts and ideas. This will begin to build trust and connection amongst members.
- 10. Tell the group** that next week they will discuss this topic of Couples Conversation with the men and women together.

**Closing** - End with applause for all and a song or dance.

TOPIC 1:  
COUPLES  
CONVERSATION

## MIXED-GENDER PEER MEETING GUIDE



### 1. OPENING –Welcome and Introductions, Ice-Breaker, Meeting Guidelines Review

**Time:** 20 Minutes

**Objective:** The Peer Group will get warmed up to the topic of Couples Conversation between genders and commit to the Meeting Guidelines with both genders.

**Materials:** Tarp for ground or chairs, Stick to draw in ground, or chalk to draw on floor, Couples Conversation Poster

*Arrange chairs in a circle or sit in a circle on a tarp so that people are facing each other.*

#### Welcome and Introductions

1. **Welcome** the group.
2. **Each moderator introduces him/herself to the EDEAN Peer Group Members.**
3. **Tell them that** since this is the first meeting together with both men and women, we want you to get to know each other better. Ask each person to say their name and how they got their name. The moderators can begin. For example, “My name is Clara and I was named after my grandmother,” or, “I was named Raina because it rained and ended the drought in our region.”

#### ICE BREAKER -- Agree/Disagree

1. **Tell** the group it is time for a game on the topic of Couples Conversation.
2. **Tell** the group you will read a statement. Everyone who agrees with the statement should move to one side. Everyone who disagrees with the statement should move to the other side.
3. **The moderators take turns asking the questions below.** Ask participants to move to the Agree or Disagree side after each statement.



4. **For each statement**, ask someone on each side to explain why he or she agrees or disagrees.

**Statements:**

- It is easy for husbands and wives in this community to talk about family planning.
  - Couples should talk about when they will have children.
  - A couple should decide together how many children they will have.
  - During a conversation, it is okay for a husband and wife to yell at each other.
  - During a conversation, it is helpful to ask questions to understand the other person's point of view.
5. **Thank everyone** for participating and sharing their perspective. Tell them that during today's meeting, we will talk more about why couples should talk about when to have children and how this can help make their families healthier. We will also go over the tips for good communication and practice using these.

**Meeting Ground Rules:**

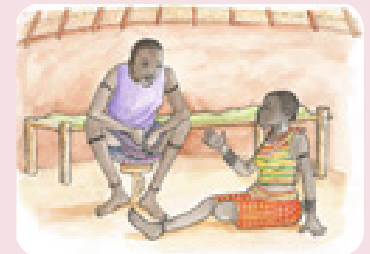
1. **Read** aloud the Meeting Ground Rules from both previous group meetings.
2. **Discuss** any differences between groups.
3. **Ask the mixed gender group** if they're willing to commit to these ground rules for a safe space. Ask them to raise their hands if they commit to make this a safe, comfortable space for everyone.

## 2. TOPIC REVIEW

**Time:** 10 Minutes

**Materials:** Couples Conversation Poster and Reminder Cards

**Objective:** Review topic with both genders.



1. **Explain** that now we're going to talk about what we discussed last week about couples conversation and good communication. Ask them to take out their reminder cards or share theirs with their neighbor.
2. **Ask:** "Does anyone want to share one of the tips we learned last week about better communication between couples?"
3. **Go through the Tips for Good Communication** listed on the poster and cards.
4. **Ask** if anyone discussed this with other people after the meeting. How did other people respond?

5. **Say:** “Thank you for sharing, now we’re going to use some of those tips to talk about how to discuss the sometimes difficult topics of family planning methods and spacing pregnancies.”



## REVIEW STORYTELLING and ROLE-PLAYING

**Time:** 50 Minutes

**Objective:** Men and women begin to understand the importance of open communication, particularly about family planning and the need for joint decision-making.

1. **Tell the group you’ll retell the story from the previous week.**

*Lokiru and Maria have three children. The husband, Lokiru, is not able to provide well for the family. Maria is concerned about having another child because they do not have enough food to feed their children or to pay for school fees. She wants to wait to have another child until Lokiru has found a way to make money. Maria wants to discuss with Lokiru how they might delay growing their family until they have the means to care for them, so their children can be healthy and go to school. She is afraid to discuss this with her husband because they have never talked about planning when to have children. She goes to her friend Natee for advice. Natee says—“Why don’t you just go to the health facility and get a family planning method without him knowing?” Maria tells her that she wants Lokiru to know, because she wants them to decide as husband and wife.*

2. **Each moderator gives a summary** of what was said in the men’s and women’s discussion of the story.
3. **Discuss** with the larger group.
4. **Using the tips we just spoke about**, what advice would they give to Marie and Lokiru on how to communicate well?
5. **Remind** the group of any tips that they have not mentioned:
- Listen well
  - Give your partner time to talk and do not interrupt while she or he is talking
  - If you don’t understand something, ask questions to make sure you have a common understanding
  - Respond to your partner in a friendly and respectful way. Show that you are listening and hearing what your partner says, even if you disagree.
  - Explain your point of view calmly

- Remember that communication is also through what we do and how we react. When your spouse is talking, do not turn away, try not to shake your head, roll your eyes, fold your arms stiffly, or do anything else that might show you are defensive or angry
  - If you need time to think or be quiet, explain this and agree to continue the discussion later
  - Try to find a solution that is agreeable to both partners
6. **Ask:** When you think of someone communicating badly or talking to you badly, what types of things is that person doing? When you think of someone communicating well or talking to you in a good way, what types of things is that person doing?
  7. **Tell the group they are going to do a role-play to show good and bad communication.** Ask the group to form pairs of 1 man and 1 woman.
  8. **Ask** half of the pairs to develop a role-play that shows bad communication between Maria and Lokiru about planning their family. Ask the other half of the pairs to develop a role-play showing good communication between Maria and Lokiru about planning their family.
  9. **During the role-play,** move around to observe each group. If needed, remind them of the tips for good communication.
  10. **Invite** one pair from the “bad communication” side and one pair from the “good communication” side to present their role-play to the group.
  11. **Ask the peer group members:**
    - What did you learn from these role-plays?
    - How does it feel when someone listens to you?
    - How does it feel when no one listens?
    - Is there anything you learned here that you will try when you go home?

### 3. A TALE OF TWO FAMILIES

**Time:** 20 Minutes

**Materials:** Stick to draw in ground, or chalk to draw on floor.

**Objective:** Men and women begin to understand the importance of open communication, particularly about family planning and the need for joint decision-making.

1. **Draw 2** equal circles on the ground, big enough for 4 people to stand inside.
2. **Tell** the group to pretend that these are the homes of two couples: Loyolo and Napeyok, and Lolem and Nakut.

3. **Ask** for volunteers to play Loyolo, Napeyok, Lolem, and Nakut. The couples stand inside their “home”.
4. **Say:** they just got married on the same day, so we should celebrate! (Ululating, singing, etc.)
5. **Say:** Each couple had babies during their first year of marriage, and both were girls.
6. **Ask:** Two volunteers to play each baby, and step in each home.
7. **Ask:** One volunteer to play a nurse. Tell him/her to stand just outside Loyolo and Napeyok’s house.  
**Say:** Loyolo and Napeyok share the information they know about healthy timing and spacing of their children with each other. They talk openly and respectfully about whether they should have more children or wait. They decide together to wait, and go to the health clinic together to ask about family planning methods. After listening to the nurse, they decide that Napeyok will get an injection every 3 months to prevent pregnancy.
8. **Ask** for a volunteer to play Napeyok’s mother and take care of their baby.  
**Say:** Napeyok began to sell maize while her mother helped with the baby.
9. **Walk** over to Lolem and Nakut’s home.  
**Say:** Lolem and Nakut did not discuss the size of their future family or any family planning methods. Lolem hopes to have a son soon.
10. **Ask** for another female volunteer and tell her to walk into Lolem and Nakut’s home as the new baby. **Say:** They had another baby a year later, another girl.
11. **Ask** for another male volunteer, and tell him to walk into Lolem and Nakut’s home.  
**Say:** The third year, they had a boy, baby number 3.
12. **Say:** Nakut and Lolem have three young children, and sometimes there is not enough food for everyone. Nakut does not want more children, but she is afraid to speak with Lolem about it. In their 5th year of marriage, she and Lolem have another child, number 4.  
**Ask** for another volunteer to step in as baby number 4.
13. **Walk** back to Loyolo and Napeyok home.  
**Say:** Since their child is now a little older and in school, Loyolo and Napeyok decide to have a second child.  
**Ask** for a volunteer to step into Napeyok and Loyolo’s home and play the new baby.
14. **Walk** back to Lolem and Nakut.  
**Say:** in their 6th year of marriage, Lolem and Nakut have their 5th baby.  
**Ask** for another volunteer to step in the home to be their new baby.

**15. Say:** On their 6th anniversary, the families plan a party together and prepare a meal.

**Ask** all participants to show the families celebrating.



## 4. REFLECTION/DISCUSSION:

**Time:** 25 Minutes

**1. Have everyone sit down and discuss the “Tale of Two Families” story game using these discussion questions:**

- What did you think of this story?
- Which family would you prefer and why?
- Which couple do you think communicated better? Why?
- Ideally, who should decide how many children to have, or should it be a joint decision?
- How does family size affect the family’s ability to have enough food and send the children to school?

**2. Mention that the story shows a few important points:**

- Young women and men should share information about healthy timing and spacing of pregnancy and discuss family planning with their partner
- Young women and men should use effective communication strategies to discuss fertility desires with partners
- Young women and men should make decisions about family planning jointly with their partners

**3. Ask the group:**

- What are some reasons why family planning should be a part of a couple’s conversation?

**4. Mention in discussion:**

- If couple spaces children, woman can contribute more to the family.
- Parents will have more money to feed children and send them to school.
- Woman will be healthier and have more energy if she spaces children a few years apart. Children will be healthier if they are born a few years apart.



## WRAP-UP

**Time:** 10 Minutes

**Objective:** Thank the group and preview next week.

1. **Ask** for group members to share something they learned today or that surprised them.
2. **Ask:** What will you do with this information?
3. **Encourage** participants to use their Reminder Card to talk to other people about what they learned today.
4. **Ask** participants to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication. Ask each participant to tell the person next to them the names of the people they will talk to.
5. **Thank the group for a great discussion.** Make sure they know they are valued for their time and insight. Then, ask that each member turn to their left, look that person in the eyes, smile, and thank them for sharing their thoughts and ideas. This will begin to build trust and connection amongst members.
6. **Tell** the group that next week they'll be preparing a drama to share this information with their community!
7. **Remind** them of their meeting time and place for next week.
8. **Close** with a song and dance.

TOPIC 1:  
COUPLES  
CONVERSATION

## THEATRE REHEARSAL: CONTENT REVIEW

Refer to the Guidelines on Page 12 for the instructions to follow when directing drama rehearsals and holding performances in the community.

**In our meetings we've talked about Couples Conversations. Today we're going to create a drama to share this information with other people in our community.**

1. What are some of the things you learned in the Couples Conversation meetings?
2. What are three things related to couples conversations that you would like to share with other people in your community?
3. What are some examples of good communication between couples? What are some examples of bad communication between couples?
4. We talked about tips for good communication. Does anyone remember some of these tips? [Allow participants to respond and thank them for their responses. Then go over any tips that have not yet been mentioned. ]

### Tips for good communication:

- Listen well
  - Give your partner time to talk and do not interrupt while she or he is talking
  - If you don't understand something, ask questions to make sure you have a common understanding
  - Respond to your partner in a friendly and respectful way. Show that you are listening and hearing what your partner says, even if you disagree.
  - Explain your point of view calmly
  - Remember that communication is also through what we do and how we react. When your spouse is talking, do not turn away, try not to shake your head, roll your eyes, fold your arms stiffly, or do anything else that might show you are defensive or angry
  - If you need time to think or be quiet, explain this and agree to continue the discussion later
  - Try to find a solution that is agreeable to both partners
5. Why is it important for couples to communicate about plans for their family?  
[Allow participants to respond and thank them for their responses. Mention the points below.]
    - Couples that talk openly and seek advice on health related issues and reproductive health together are more likely to live happy and healthy lives.
    - Partners, husbands, and wives can improve their reproductive health when they communicate freely about child spacing and other reproductive health issues.



TOPIC 1:  
COUPLES  
CONVERSATION

## COMMUNITY THEATRE – STORYLINE 1



### Characters

Lokiru ..... Husband

Maria.....Wife

Children of Lokiru and Maria

Natee.....Friend of Maria

Nangiro.....Friend of Maria

Lokee.....Friend of Lokiru

Lomongin.....Friend of Lokiru

Kodet.....Friend of Lokiru

### Scene 1

Maria and Lokiru are at home with their three children. There is no food in the house and one of the children is sick. Lokiru leaves to meet his friends. Maria is upset that he is leaving instead of helping to care for the sick child. Maria's friends Natee and Nangiro come to visit her. Maria tells her friends that she is very concerned; they have no food right now and one child is sick but there is no money to go to the health center. She says that Lokiru wants to have another child soon, but she is afraid they won't be able to feed the child. She doesn't know how to talk to Lokiru about these matters.

Nangiro tells Maria that she should talk to her husband about when to have a child and her concerns. Nangiro and her husband discuss these matters, and they have a happy relationship. Nangiruo gives Maria several pieces of advice: She should find a time when both people are not busy, tell him she wants to discuss something important to their family's future, and ask questions to make sure they understand each other. They should talk calmly and try to handle the matter in a way they can both agree to. Maria agrees this is good advice and thanks her friends for visiting her.

## Moderation Questions for Audience

1. Do Maria and Lokiru talk about important issues together? Why do you think this is so?
2. What advice does Nangiro give Maria about talking to her husband?

## Summary

*After the audience has responded to the questions, the moderator gives a summary of the key messages:*

Thank you for sharing your ideas. This scene shows us that it can be difficult for couples to discuss certain topics together, even if they want to. Even though it is difficult, it is important that both partners find ways to talk about matters that affect their family and relationship. Some tips for good communication are:

- find time when both partners are not busy;
- ask questions to make sure you understand each other;
- talk calmly;
- find a way to handle the matter that both of you can agree to.



## Scene 2

Lokiru joins his friends Lomongin, Lokee, and Kodet playing a game under a tree. Lomongin and Lokee are discussing their struggles. It is hard to find food these days and they don't have jobs. Lokiru agrees; his child is sick and they can't afford to go to the health center.

Kodet asks if they have talked to their wives about how their families should handle these struggles and how they might plan for their children. The other men laugh and say they do not talk about such things. Kodet turns to the audience and asks if they ever discuss family planning with their partners. *[Allow a few audience members to respond].*

Kodet tells his friends that though it is not common for people here to discuss these matters, he and his wife talk about when to have children and how they will support their family, and they are happier in their relationship because they are able to talk to each other. Lomongin asks how they have such conversations. Kodet says "when we have a problem we find a time when we can both have a conversation. And we are careful to listen to what each other says without interrupting. We respect each other, and try not to get angry. And we find a way to handle the problem that we both agree to." Lokiru, Lomongin, and Lokee agree this is good advice, and that will try to talk about these difficult matters with their wives. The men say goodbye to each other and return to their homes.

## Moderator Questions for Audience

1. Is it common for husbands and wives in this community to talk about challenges their families face?
2. What advice does Kodet give about conversations with one's partner? What do you think of this advice?

## Summary

*After the audience has responded to the questions, the moderator gives a summary of the key messages:*

Thank you for sharing your ideas. This scene shows us that even if it is not common for couples to talk about difficult topics, they can make their relationship and their families grow stronger if they find ways to communicate well with one another. Some tips for good communication are: find a time when both partners are free for a conversation; listen to what each other says; do not interrupt; respect each other; do not get angry; find a way to handle the problem that both partners can agree to.



## Scene 3

Lokiru returns home and finds that the children have gone to sleep. Maria asks Lokiru if they can talk about something important to their family, and Lokiru agrees. They begin discussing the challenges that they face as a family, that there is little food and a child is sick, and what they should do about these issues. Maria brings up the topic of having another child, and tells Lokiru she does not want to have another child right now. Lokiru asks questions about why she feels this way, and both Maria and Lokiru discuss how they feel about this. Finally, Maria suggests a compromise: "can we agree to wait to have our next child until we have food every day, and the youngest is a bit older? Then all of our children will be healthier." Lokiru agrees that they can wait some time to have their next child.

## Moderator Questions for the Audience

*Split audience into age groups for this section. One Moderator can talk with each group.*

1. What did you learn from today's drama?
2. What are the topics that are difficult for Maria and Lokiru to discuss? Why is this difficult for them? Why did they decide to have these difficult conversations?
3. What advice did their friends give them about communicating with their partners? Did they follow this advice in their last conversation?

4. How did they decide to handle their disagreement on whether to have another child? Is this agreeable to both of them?
5. Are there couples in this community that are like Maria and Lokiru? What lessons can they learn from this drama?

### **Summary**

*After the audience has responded to the questions, the moderator gives a summary of the key messages:*

Thank you for sharing your ideas. This drama has shown us that it can be difficult for husbands and wives to discuss topics like how many children they want to have. Even though it is difficult, it is important to do so and families can be healthier if husbands and wives decide these matters together. Partners should discuss matters calmly, without getting angry, and ask questions to understand each other's perspective. They should look for a way to handle the matter that is acceptable to both partners. We hope that you can use these tips in your own relationships.

### **Closing**

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask audience members to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication.
- Ask each audience member to tell the person next to them the names of the people they will talk to.
- Thank everyone for coming to the drama and passing on these messages to other people in the community.

**TOPIC 1:  
COUPLES  
CONVERSATION**

## COMMUNITY THEATRE – STORYLINE 2



### Characters

Loyolo ..... Husband 1

Napeyok ..... Wife 1

Ilukol ..... Sister of Napeyok

Lolem ..... Husband 2

Nakut ..... Wife 2

Friends and Family members of the two couples

Children of Lolem and Nakut

### Scene 1

Loyolo and Napeyok have just gotten married. They have a celebration with their friends and family. After the celebration, Napeyok's sister Ilukol reminds her that she should talk to her husband about planning when to have children and spacing their children in a healthy way. Napeyok is not sure how to start such a conversation. Ilukol says that she respects her husband and he also respects her, so they are able to talk about anything. The sister tells Napeyok she should tell her husband that she wants to talk about an important matter, ask questions, and find a solution they can both agree to.

Napeyok meets with Loyolo and says she would like to talk to him. She mentions that she admires her sister and her sister's husband because they talk freely to each other and are strong as a couple. They use soft and caring words with each other. Loyolo agrees they have a good relationship and would like to be like them.

Napeyok says she would like to talk about how they will space their children, as her sister has done. Loyolo asks Napeyok questions about why she wants to space their children and what she thinks they should do. Loyolo listens respectfully as Napeyok explains that when children are spaced a few years apart, the children are healthier and it is easier to provide food for the whole family. Napeyok suggests they visit the health clinic to learn about family planning methods. Loyolo agrees this is a good idea.

### Moderator Questions for the Audience

1. What advice does Ilukol give to Napeyok?
2. What are some of the things Loyolo does to show he wants to communicate well with his wife?

### Summary

*After the audience has responded to the questions, the moderator gives a summary of the key messages:*

Thank you for sharing your ideas. In this scene, Ilukol advises Napeyok to talk to her husband about spacing their children. She says she should tell her husband that she wants to talk about an important matter, ask questions, and find a solution they both agree to. Loyolo shows that he is trying to communicate well because he listens respectfully to his wife and talks with her about a solution to her concern.



### Scene 2

Napeyok's friend Nakut comes to visit. Nakut tells Napeyok that she is worried. Nakut and her husband Lolem have had four children during their four years of marriage. Nakut does not want to have another child right now because she fears they will not be able to provide enough food or pay for school fees for more children. Nakut says she is afraid to talk to her husband, Lolem, about this.

Napeyok tells Nakut that she and her husband talk about family planning and when to have children, and it has made their relationship stronger. Napeyok advises Nakut to find a good time to talk to Lolem, explain her concerns and listen to Lolem's perspective, and to find a solution that they can both agree to. Napeyok turns to the audience and asks if they have any additional advice for her friend Nakut.

*[Allow a few audience members to respond].*

Nakut thanks Napeyok and the audience for this advice.

### Moderator Questions for the Audience

1. What is Nakut afraid to talk to her husband about?
2. What advice does Napeyok give her?

### Summary

*After the audience has responded to the questions, the moderator gives a summary of the key messages:*

Thank you for your responses. In this scene, we see that Nakut was afraid to talk to her husband about waiting to have another child. Napeyok advises her that doing so

will make their relationship stronger. Napeyok says that she should find a good time to talk to Lolem, explain her concerns and listen to Lolem's perspective, and to find a solution that they can both agree to.



### Scene 3

Lolem and Nakut are at home with their four children. Lolem tells Nakut he is very happy that they have a growing family and hopes to have another child soon. Nakut says she would like to talk about this more, and explains that she does not think they should have another child right now. Lolem asks why she feels this way and listens respectfully as Nakut explains her concerns. The two discuss the matter calmly and ask each other questions. Lolem agrees they should wait to have another child, and that they should go to the health clinic to learn about family planning methods. Lolem says he is happy that they were able to have this conversation.

### Moderator Questions for the Audience

*Split audience into age groups for this section. One Moderator can talk with each group.*

1. What did you learn from today's drama?
2. There are two couples in today's drama: Napeyok and Loyolo and Nakut and Lolem. Do these couples remind you of couples in our community? Why or why not?
3. Do you think it is important for couples to talk about when they will have children and how they will space them?
4. What are some of the pieces of advice for good communication that the characters in the drama learned?
5. If your friend asked you for advice on how to communicate better with his or her partner, what advice would you give?

### Summary

*After the audience has responded to the questions, the moderator gives a summary of the key messages:*

Thank you for your responses. In the drama, we saw that when couples can talk respectfully about when they will have children and how they will space them, they build a stronger relationship. Some important pieces of advice for good communication are to find an appropriate time to talk, ask questions, listen respectfully to each other, try to understand the other person's perspective, and find a solution that both people can agree to.



### **Closing**

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask audience members to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication.
- Ask each audience member to tell the person next to them the names of the people they will talk to.
- Thank everyone for coming to the drama and passing on these messages to other people in the community.

**TOPIC 1:  
COUPLES  
CONVERSATION****CREATE YOUR OWN DRAMA!**

**Drama Prompt:** Loput and Nachap are a husband and wife who have never talked about planning their family and spacing their children. They don't know how to have such a conversation. Their friends encourage them to talk about this with each other.

**Moderator Questions for the Audience**

*Split audience into age groups for this section. One Moderator can talk with each group. Some standard questions are below. You can also add your own questions based on what happened in the drama.*

1. What did you learn from watching this drama?
2. What advice would you give to the characters in this drama?
3. What are some challenges in our community related to couple communication?
4. How could we address some of these challenges?

**Closing**

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask audience members to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication.
- Ask each audience member to tell the person next to them the names of the people they will talk to.
- Thank everyone for coming to the drama and passing on these messages to other people in the community.