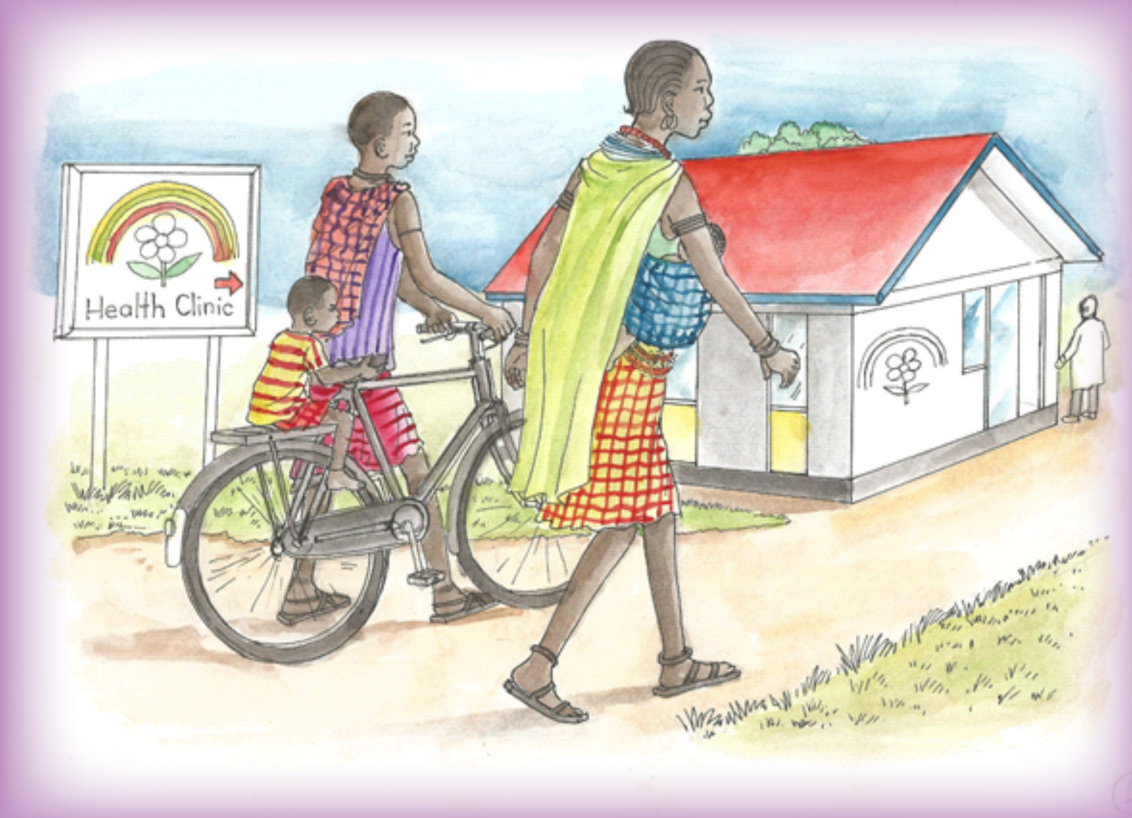


TOPIC 4: FAMILY PLANNING

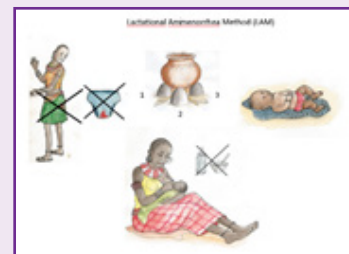
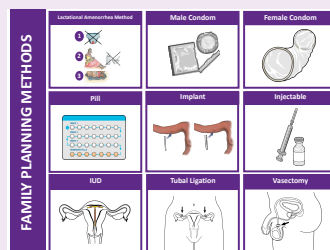


TOPIC 4:
FAMILY
PLANNING

SINGLE-GENDER PEER MEETING GUIDE

Note to Moderators: A VHT or Nurse can be invited to this session. If they are able to come, they can take time at the end to answer additional questions peer group members may have. Be sure to brief the VHT before the session on what to expect.

Materials: Tarp for ground or chairs; Family Planning Methods Board; Family Planning Methods Reminder Cards; Lactational Amenorrhea Method Poster and Reminder Cards.



1. OPENING – Opening and Ice-Breaker

Time: 30 Minutes

Welcome

1. **Welcome** the group
2. **Briefly discuss the theatre activities from the past few weeks.** What did you think about the theatre performances? What was your favorite part? Was there anything you did not like? Remind them that they can talk to you after the meeting to discuss anything they don't feel comfortable sharing with the group.
3. **Tell** them that for next several meetings, we'll talk about family planning methods and then create theatre performances on this topic.

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 that is not easy to remember, such as "There is plenty of food at the feast for everyone to enjoy, and there will be singing and dancing as well" or "After the

rains the animals are happy that they have cooled off and there is plenty to eat.” 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.

2. Introduction to Family Planning

Time: 30 minutes

Objective: The Peer Group will discuss Family Planning in the Karamojong culture and learn about Healthy Timing and Spacing of Pregnancies

1. **Tell** the group that in the next two meetings we will learn about family planning and family planning methods.
2. **Ask** the group what they know or have heard about family planning and family planning methods. Give a few minutes for the group to respond and thank participants for their responses. Tell the group that during today’s meeting we will learn more about family planning methods and correct information about how the methods work.
3. **Ask:** What does “healthy timing and spacing of pregnancies mean?” Give participants time to respond.
4. **Explain:** *Healthy timing and spacing of pregnancies* means waiting until a woman is 18 before becoming pregnant and spacing pregnancies at least two years apart.

It is healthiest for both the mother and baby if a woman waits until she is 18 or older before becoming pregnant. When girls who are 17 or younger become pregnant, they are more likely to have difficult pregnancies. Both the mother and baby are more likely to have health issues.

It is also healthier for the mother and the baby if the woman waits at least two years after giving birth before becoming pregnant again. The mother and the baby will be less likely to have health problems if there is enough time between the two pregnancies.

5. Guide a discussion on *Healthy Timing and Spacing of Pregnancies* using the following questions.

- Is spacing pregnancies common in our Karamojong culture?
- In the past, how did Karamojong space pregnancies?
- Do you think it is easy or hard to space pregnancies?

6. Guide a discussion on family planning and family planning methods using the following questions.

- Have you talked to anyone about family planning or family planning methods?
- Who have you talked with? Friends, sisters and brothers, parents, in-laws?
- Have you talked about family planning or family planning methods with your partner?
 - o How did you decide to talk to your partner? Would you like to share what happened during this conversation?
- Do you think some women or men might want to talk to their partner about family planning or family planning methods but decide not to?
 - o What do you think are some of the reasons that some couples have difficulty talking about family planning?

There are many reasons why someone might be afraid to discuss family planning with their partner. Some common reasons are that they fear physical violence or abusive talk; they fear the partner will doubt his or her fidelity; they fear what their community, in-laws, or family might think.

3. TOPIC ACTIVITY – Learning FP Methods

Time: 45 Minutes

Materials: Family Planning Methods Board; Lactational Amenorrhea Method Poster, Family Planning Methods Reminder Poster

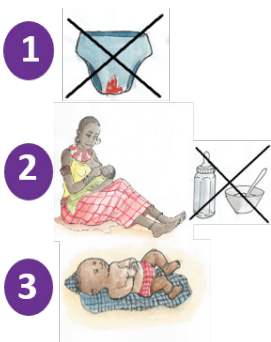
Objective: Participants will learn basic information about how family planning methods work and how to use them.

1. Using the Family Planning Methods Board, explain each of the FP Methods that are available in Karamoja.

FAMILY PLANNING METHODS	Lactational Amenorrhea Method	Male Condom	Female Condom
	Pill	Implant	Injectable
IUD	Tubal Ligation	Vasectomy	

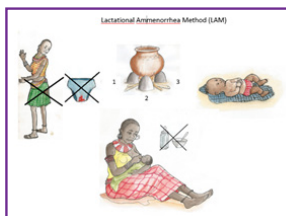
HOW FAMILY PLANNING METHODS WORK	Lactational Amenorrhea Method	Male Condom	Female Condom
	Pill	Implant	Injectable
IUD	Tubal Ligation	Vasectomy	

Lactational Amenorrhea Method (LAM)



- **Explain** that Lactational Amenorrhea Method, or LAM, is a natural way to prevent pregnancy after giving birth. LAM is based on the effects of breastfeeding on the woman’s body. When certain conditions are met, the woman’s body does not release an egg, so she does not become pregnant. However, breastfeeding alone will not prevent pregnancy. This method only works if three conditions are met. LAM can be used for up to six (6) months if the mother breastfeeds her baby exclusively and her menstrual period has not returned. After six months, her body is likely to release an egg, even if she is still breastfeeding. A woman who is using LAM and does not want to become pregnant should begin using a different family planning method once her baby is six months old.
- **Explain** that there are three conditions for using LAM.
 - o **ONE:** The woman’s menstrual period has not returned.
 - o **TWO:** The woman only breastfeeds the baby. No other food or liquid is given to the baby at any time.
 - o **THREE:** The baby is less than six months old.

It is important that ALL of these conditions are met. If any is not met, the woman could become pregnant. She can begin using a different method of family planning if she does not want to become pregnant.



- **Show** the LAM Poster. **Explain** that the pot sitting on three stones is like LAM, and the three stones are the three conditions. **Ask** participants to name the three conditions for LAM use which match each stone. They should say:
 - o **1-** Is that the woman’s menstrual period has not returned.
 - o **2-** The woman only breastfeeds the baby. No other food or liquid is given to the baby.
 - o **3-** The baby is less than six months old.

Ask participants what would happen if one of the stones was moved out from under the pot?

Answer: *The pot would fall.*

Ask participants what would happen if one of the conditions for LAM is missing?

Answer: *The woman is no longer using LAM, so it is possible for her to become pregnant.*

Ask if participants have any questions.

Answer their questions. If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Male Condom



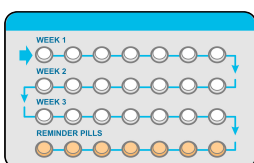
- **Explain** that Male condoms cover the man’s penis during sex and keep the sperm from entering the woman’s reproductive system. The condoms must be used correctly each time you have sex to be effective at preventing pregnancy. To use a condom correctly, the condom should be put on when the man’s penis is erect, and rolled down. There should be a little room left at the top. After use, it should be removed and thrown away. A new condom should be used every time they have sex. Male condoms protect against HIV and other STIs. They do not have side effects.
- **Ask** if participants have any questions.
- **Answer** their questions. If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Female Condom



- **Explain** that female condoms are placed inside the woman’s vagina and keep sperm out of her reproductive system. Female condoms must be used correctly each time you have sex to be effective at preventing pregnancy. They protect against HIV and other STIs. They do not have side effects. The female condom can be inserted up to 8 hours before sex.
- **Ask** if participants have any questions.
- **Answer** their questions. If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Oral Contraceptive Pill:



- **Explain** that oral contraceptive pills keep the woman from releasing an egg, so even if sperm are in her reproductive system, there is no egg to fertilize. The pill is effective if taken every day according to directions. When using the pill, some women have irregular bleeding at first, followed by lighter monthly bleeding with less cramping.

Some women have stomach upset or mild headaches that go away after first few months.

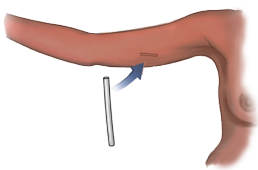
- **Ask** if participants have any questions.
- **Answer** their questions. If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Injectable



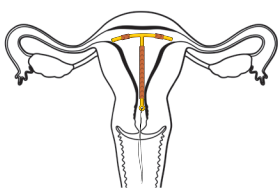
- **Explain** that the injectable is a hormone injection given every 3 months. It prevents the egg from being released. Many women using the injectable will have irregular bleeding and spotting at first, then bleeding may become lighter, less frequent or stop. This is common and safe. Some woman experience a slight weight change. After stopping injections, it can take several months to become pregnant.
- **Ask** if participants have any questions.
- **Answer** their questions. If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Implant



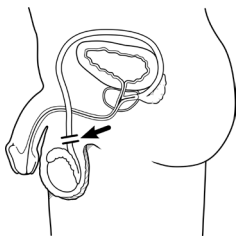
- **Explain** that the implant is a small tube placed under the skin of upper arm. Hormones from the tubes block sperm from reaching egg and prevent release of egg. Depending on the type it can be used for 3-5 years. Women using the implant might experience changes in their monthly bleeding, including irregular bleeding, spotting, heavier bleeding or no monthly bleeding. These are all common and safe.
- **Ask** if participants have any questions.
- **Answer** their questions. If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Intrauterine devices (IUDs)



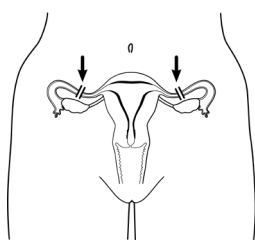
- **Explain** that the IUD is a small device placed inside the uterus. It either causes a chemical change that destroys the sperm or the egg, or lets out a small amount of hormone to keep the lining of the uterus from growing. It can be used for 3, 5 or 12 years, depending on the model. The IUD may be taken out at any time if desired, upon request of the woman. Women using the IUD might experience some pain and cramping during insertion and cramping and heavier bleeding during monthly bleeding in the first few months of use.
- **Ask** if participants have any questions.
- **Answer their questions.** If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Vasectomy



- **Vasectomy** is a permanent method for men and couples who do not want any more children. A procedure is done to block the tubes that carry sperm in a man's body. This way the sperm and egg cannot join together. The testicles are NOT removed.
- Having a vasectomy does not decrease sex drive, erection or ejaculation. The man can still have sex and ejaculate as he did before. The man will not be able to father a child following this surgery.
- **Ask** if participants have any questions.
- **Answer** their questions. If you do not know the answer, tell them you will find out and let them know next week. Tell them they can also visit a VHT or Nurse to learn more.

Tubal Ligation



- **Explain** that tubal ligation is a permanent method for women and couples who do not want more children. The woman's fallopian tubes are cut or blocked during by surgery, or an operation. The uterus is NOT removed. The woman may have soreness for a few days after operation. Monthly bleeding will continue as usual. Women who experience symptoms other than the above should seek medical care. Woman will never be able to become pregnant again following this surgery.

2. Where to access family planning methods

- **Tell** participants that if they want to use male condoms, they can get those from the VHT. For all other methods, they should go to the health center. They can also get more information about the methods from the health center.



4. Myths & Misconceptions

Time: 15 minutes

Objective: Clear up local myths and misconceptions about family planning methods.

1. **Tell** the group that you are going to talk about some beliefs about some family planning methods in your community.
2. **Guide a discussion** using the following questions:
 - What are some things you hear about family planning methods in our community?
 - What do you think of these?
 - If you hear something about family planning and are not sure if it is true, what would you do?
 - Who should be involved in the decision to use family planning- the woman, the man, or both?

During the discussion, emphasize that not everything people say about family planning methods is true. They can go to the health center to clarify anything that they are unsure of or want more information about. Both women and men can play a role in family planning. Husbands and wives can decide this together so that they can have children at a time that is good for their family.

- 3. Tell** the group that you are going to discuss some myths about family planning. Myths are things that some people believe, but are not true.

Read the following myth:

Pills, implants, injectables, and IUDs will cause infertility or will harm future children the woman may have.

- **Ask** if anyone has heard this.
- **Ask** why this is not true. Allow a few people to respond.
- **Explain** that each of these family planning methods only prevent pregnancy for a certain amount of time. Once a woman stops using the method, she can become pregnant. The methods do not affect future children in any way. Tubal ligation is the only method that prevents a woman from ever having more children.

Read the following myth:

If a man uses a condom it means he has HIV or is sleeping around.

- **Ask** if anyone has heard this.
- **Ask** why this is not true. Allow a few people to respond.
- **Explain** that this is false. Condoms are a good way to prevent Sexually Transmitted Infections and HIV. There are also other good reasons to use condoms. Men may use condoms to prevent pregnancy because they are responsible, caring partners who want to decide with their wives when to have a child.

Read the following myth:

A woman who is breastfeeding cannot get pregnant.

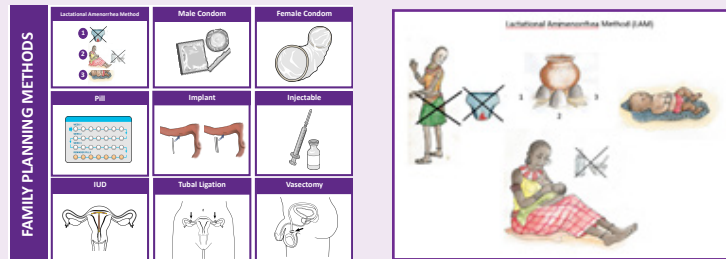
- **Ask** if anyone has heard this.
- **Ask** why this is not true. Allow a few people to respond.
- **Explain** that this is not true. Breastfeeding on its own will not prevent pregnancy. There is a family planning method called LAM that is based on breastfeeding. There are three conditions for using LAM: (1) The woman's menstrual period has not returned; (2) The woman only breastfeeds the baby. No other food or liquid is given to the baby. (3) The baby is less than six months old. If any of these are not there, the woman could become pregnant even if she is breastfeeding.



4. WRAP-UP

Time: 10 Minutes

Materials: LAM Reminder Card and Family Planning Methods Reminder Cards



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

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. **Give a LAM Reminder Card and a Family Planning Method Card to each participant.** Encourage participants to use this 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 family planning methods. 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 will discuss this topic of Family Planning with the men and women together.

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

TOPIC 4:
FAMILY
PLANNING

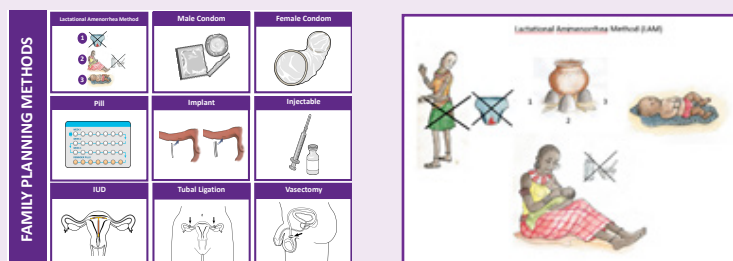
MIXED-GENDER PEER MEETING GUIDE

1. Welcome and Icebreaker

Time: 30 Minutes

Materials: Tarp for ground or chairs, Family Planning Methods Boards, LAM Poster

Objective: The Peer Group will get warmed up to discussing the topic of family planning methods with men and women together and review content from the last meeting.



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

Welcome

1. **Welcome** the group.
2. **Introduce** each Peer Moderator, and explain that we'll be taking about family planning methods together as a group.

Ice Breaker – Trivia

1. **Tell** the group it is time for a Trivia Game on the topic of family planning.
2. **Tell the group that you will ask a set of questions.** Everyone who thinks the answer to a question is True should move to one side. Everyone who thinks the answer to a question is False should move to the other side.
3. **The Moderators take turns asking the questions below.** Ask the participants to move to the True side or the False side.
4. **Ask** someone on each side to explain why he or she chose that answer.
5. **Read** the correct response and congratulate those who choose correctly.

Trivia Questions

- **True or False:** All family planning methods cause infertility – that is, they prevent the person from ever having more children.

Answer: False. Most family planning methods only last for a set amount of time. Once the person stops using the method, she can become pregnant again soon afterwards. There are only two methods that are permanent – tubal ligation for women and vasectomy for men. People who choose to have these procedures done will not be able to have any children afterwards.

- **True or False:** Healthy Timing and Spacing of Pregnancies means waiting until at least age 18 to become pregnant, and waiting two years from the birth of one child until the next pregnancy.

Answer: True. When women wait until age 18 to become pregnant and wait two years from the birth of one child until becoming pregnant again, both the mothers and the babies are healthier.

- **True or False:** Condoms can prevent pregnancy and protect against sexually transmitted diseases like HIV.

Answer: True. Condoms are the only family planning method that also protects against sexually transmitted diseases, including HIV.

- **True or False:** Taking the pill may cause a woman to have children that are sick or missing arms or legs.

Answer: False. The pill prevents the woman's body from releasing an egg. As soon as she stops taking the pill, it stops having an effect. The pill does not affect future children and does not harm them in any way.

- **True or False:** A woman who is breastfeeding is using the Lactational Amenorrhea Method, or LAM.

Answer: False. There are three conditions for using LAM. All of these must be true for the woman to be using LAM. The three conditions are (1) The woman is exclusively breastfeeding. This means she breastfeeds the baby anytime the baby is hungry and does not give the baby any other food or drink. (2) The woman's menstrual period has not returned. (3) The baby is less than 6 months old. A woman could be breastfeeding but not using LAM.

- **True or False:** Some family planning methods can change a woman's menstrual periods.

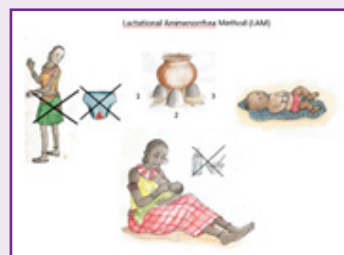
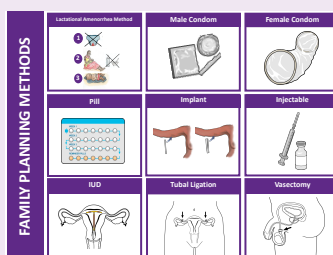
Answer: True. The pill, Injectable, Implant, and IUD can all change a woman's menstrual bleeding. Some women may have heavier periods, lighter periods, no periods, or irregular periods. This is normal when using these methods. A woman can talk to a health care provider if she has concerns.

- **True or False:** Family planning methods and more information on family planning methods are available in the health center.
Answer: True. Several types of family planning methods are available in the health center. The health worker or nurse in the health center can give you more information on the methods.
- **True or False:** Spacing children several years apart is common in the Karamojong culture.
Answer: True. For many years, the Karamojong have practiced child spacing. Oftentimes couples did this by staying apart from one another. The man often went to the cattle kraal for about two years after a child was born.

2. TOPIC REVIEW

Time: 30 Minutes

Materials: Family Planning Methods Board, LAM Poster



Objective: Peer Group Members will review how each family planning method works.

1. **Show** the Family Planning Methods Board and LAM Poster.
2. **Ask** for a volunteer to explain each method. For each method, the person should explain: 1) What is it? 2) How does it work? 3) Where do you get it?
 - Lactational Amenorrhea Method (LAM)
 - Male Condom
 - Female Condom
 - Oral Contraceptive Pill
 - Injectable
 - Implant
 - Intrauterine devices (IUDs)
 - Vasectomy
 - Tubal Ligation
3. **After each explanation, ask** if there are any questions. Add any important information that the person may have forgotten based on the information on the back of the board. Thank each volunteer.



3. STORYTELLING

Time: 30 minutes

1. **Tell** the group you'll tell a story about family planning and then discuss it. Read the story twice, slowly.

Angora and her husband Loduk just had their first child. Angora explains to Loduk that it is best to wait two years before becoming pregnant again, so that Angora and the next baby will be healthy. Loduk knows this is important. He says that in the past, Karamojong men went to the cattle kraal for several years after a baby was born. This meant that children were spaced several years apart, which is very healthy. Loduk suggests that Angora stay with her mother, as many couples do these days. Angora agrees this is a good idea for a little while, but it will be difficult for her and Loduk to stay apart for two years. They decide to talk to their friends about what they are doing.

Angora and Loduk visit their friends Ngorok and Logit. Angora asks what they did to space their children, who were born three years apart. Logit is happy that they have spaced their children. Their three children are all very healthy, and Ngorok has also been healthy during her pregnancies. Ngorok says that they have been using a family planning method that she gets at the clinic. Ngorok advises Angora and Loduk to visit the clinic and ask the nurse about the different methods. The nurse can explain all of the methods and Angora and Loduk can choose the one that is best for them.

2. **Discuss the story with the following questions:**

- What do you think of this story?
- Is it common for couples in our community to talk to each other about spacing children and using family planning methods?
- What advice does Ngorok have for Angora and Loduk? What do you think of this advice?



4. TELL A NEW STORY!

Time: 30 minutes

Objective: Men and women apply their knowledge of Family Planning Methods to real-life scenarios.

1. **Say:** "Now it's your turn to tell the rest of the story!"

2. **Tell** the group to get into 4 mixed groups with both men and women and act out what Angora and Loduk do after they talk to Ngorok and Logit. They can add new characters to the story, such as other friends, family members, or a nurse.
3. **Tell** them they have 10 minutes to practice their story.
4. **Ask** each group to act out their new story for everyone to watch.
5. **After each story, ask the group:**
 - What did you like about how things happened in this story?
 - If the Angora and Loduk came to you for advice, what would you say?
 - What information in this story would you like other people in your community to know?



5. WRAP UP

Time: 10 Minutes

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

6. **Ask** for group members to share something they learned today, or that surprised them.
7. **Ask:** What will you do with this information?
8. **Encourage** participants to use their Reminder Card to talk to other people about what they learned today.
9. **Ask** participants to think of three people who they will talk to about family planning. Ask each participant to tell the person next to them the names of the people they will talk to.
10. **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.
11. **Tell** the group that next week they'll be preparing a drama to share this information with their community!
12. **Remind** them of their meeting time and place for next week.

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

TOPIC 4:
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THEATRE REHEARSAL: CONTENT REVIEW

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

Content Review

In our meetings we've talked about Family Planning. 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 Family Planning meetings?
2. What are three things related to family planning that you would like to share with other people in your community?
3. We talked about Healthy Timing and Spacing of Pregnancies.

Question: It is recommended that a woman wait to become pregnant until she is at least how old?

Answer: Eighteen. The mother and child will be healthiest if the mother is eighteen or older.

Question: It is recommended that a woman wait until her child is how old before trying to become pregnant again?

Answer: Two years. The mother and child will be healthiest if the woman waits two years after giving birth before trying to become pregnant again.

4. We also talked about family planning methods. Which methods do you remember? What do you remember about these?

[After participants have responded, go over the following key points about family planning methods]

- **Lactational Amenorrhea Method (LAM)** is a natural way to prevent pregnancy after giving birth if three criteria are met: (1) The mother breastfeeds the baby exclusively. This means she breastfeeds the baby whenever the baby is hungry and does not give the baby any other food or drink; (2) The baby is less than 6 months old; (3) The mother's monthly period has not returned. It is like a pot of water that sits on three firestones. If one stone is removed, the pot will fall over. If LAM is the pot of water and one criteria is removed, LAM will not work.

- **Male Condoms** cover the man's penis during sex and keep the sperm from entering the woman's reproductive system. The condoms must be used correctly each time you have sex to be effective at preventing pregnancy. Male condoms protect against HIV and other STIs.
- **Female Condoms** are placed inside the woman's vagina and keep sperm out of her reproductive system. Female condoms must be used correctly each time you have sex to be effective at preventing pregnancy. They protect against HIV and other STIs. They do not have side effects.
- **Oral Contraceptive Pills** keep the woman from producing an egg, so even if sperm are in her reproductive system, there is no egg to fertilize. The pill must be taken every day at the same time.
- **The Injectable** - is a hormone injection given every 3 months. It prevents the egg from being released.
- **The Implant** is a small tube placed under the skin of upper arm. Hormones from the tubes block sperm from reaching egg and prevent release of egg. It can be used for 3-5 years.
- **The Intrauterine device (IUD)** is a small device placed inside the uterus. It either causes a chemical change that destroys the sperm or the egg, or lets out a small amount of hormone to keep the lining of the uterus from growing. It can be used for several years.
- **A Vasectomy** is a permanent method for men and couples who do not want any more children. A procedure is done to block the tubes that carry sperm in a man's body. The man will not be able to father a child following this surgery.
- **Tubal Ligation** is a permanent method for women and couples who do not want more children. The woman's fallopian tubes are cut or blocked during surgery, or an operation. A woman will never be able to become pregnant again following this surgery.

TOPIC 4:
FAMILY
PLANNING

COMMUNITY THEATRE – STORYLINE 1



Characters

Angura.....*Woman who recently had her first child*

Loduk.....*Angura's husband*

Natyang*Angura's 16-year old sister*

Lemukol.....*Angura's Mother*

Lochap *Angura's father*

Ngorok.....*Friend of Angura and Loduk*

Logit.....*Ngorok's husband; friend of Angura and Loduk*

Scene 1

Angura and Loduk recently had their first child. Angura's younger sister Natyang, and her parents, Lemukol and Lochap, have come to visit and see the baby. Everyone is gathered outside and is very happy to have a new baby in the family. They take turns holding the baby and congratulate Angura and Loduk. Natyang says that she hopes she can also get married and have a baby soon. Her mother, Lemukol, reminds Natyang that she is too young to have a baby. "You are only sixteen years old. It is much healthier to wait until you are at least eighteen years old to have a baby. You and the baby will be healthier." Angura agrees; she is twenty years old and just had her first baby. Natyang agrees she will wait until she is older. Sonia, Lochap, and Natyang say goodbye to the couple and the baby and return to their own home.

Moderation Questions for Audience

1. What does the mother, Lemukol, say about Natyang having a baby at this time?
2. Why should a woman wait until age 18 before becoming pregnant?

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, we see that Lemukol does not want her daughter Natyang to have a baby right now because she is too young. Natyang should wait

until she is at least 18 years old to have a baby. It is healthiest for the mother and the child if the mother is 18 or older when she becomes pregnant.



Scene 2

After the relatives leave, Angura and Loduk begin talking about what they should do to plan when to have their next child. Angura explains that it is best to wait two years before becoming pregnant again. Waiting two years will help ensure that Angura and the next baby will be healthy and will allow Angura to breastfeed for two years. Loduk agrees that this is important. He knows that in the past, Karamojong men went to the cattle kraal for several years after a baby was born. This meant that children were spaced several years apart, which is very healthy. Angura and Loduk discuss what they should do. Loduk suggests that Angura stay with her mother. That is what many couples do these days. Angura agrees this is a good idea for a little while, but thinks it will be difficult for her and Loduk to stay apart for two years. Loduk turns and asks the audience if they have any advice for him and Angura.

[Allow a few audience members to respond.]

Loduk says they should talk to their friends to find out what other people are doing.

Moderation Questions for Audience

1. Why does Angura want to wait two years before becoming pregnant again?
2. What does Loduk say that couples did in the past to space children?

Summary

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

Thank you for sharing your ideas. Angura wants to wait before becoming pregnant because it is healthiest for her and her next baby if two years pass before she tries to become pregnant again. In the past, many Karamojong spaced their children several years apart by having the husband go to the cattle kraal for several years after the birth of a child.



Scene 3

Angura and Loduk go to visit Ngorok and Logit, and the two couples greet each other. Angura says that she and Loduk have come to talk about spacing their children. She sees that Ngorok and Logit's three children were each born three years apart, and would like to know how they have done this.

Logit says he's happy that they have spaced their children. Their three children are all

very healthy, and Ngorok has also been healthy and strong during her pregnancies. Ngorok says that they have been using a family planning method called the injectable. She goes to the health clinic every three months to get a shot. When she wants to get pregnant, she stops going for the shot.

Angura thinks this is a good idea, but does not know if Loduk's mother will approve. Logit says that his parents and Angura's support their decision to use family planning. They know that the Karamojong have long found ways to space their children in a healthy way. It used to be that the men went to the cattle kraal for several years. Since most men are no longer doing that, couples can use family planning to space their children. Their parents are happy that Logit and Ngorok are spacing their children and that the children are healthy.

Moderator Questions for the Audience (Split audience into age groups for this section).

1. What did you learn from today's drama?
2. Are there couples in this community like Angora and Loduk? Like Ngorok and Logit?
3. Why do Ngorok and Logit use family planning?
4. What do the parents of Logit and the parents of Ngorok think about family planning use?
5. Do you think that couples in this community use family planning methods? Why do some people use them? Why do other people not use them?

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 drama, we see that Ngorok and Logit have been using family planning to space their children. Ngorok gets an injectable every three months. When she wants to get pregnant she stops going for the shot. The parents of Logit and Ngorok support the couple in using family planning. They know it is healthy to space children a few years apart, and family planning can help couples to do this. There are many reasons why people in this community may or may not use family planning. If you are interested in learning more about family planning, you can talk to a VHT or visit the health clinic.

Closing

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask participants to think of three people who they will talk to about family planning.
- Ask each participant 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 4:
FAMILY
PLANNING

COMMUNITY THEATRE – STORYLINE 2



Characters

Menya *Husband 1*

Akol *Wife 1*

Lopeyo *Husband 2*

Naduk *Wife 2*

Kiyongo *VHT*

Lochoro *Nurse*

Scene 1

Two couples are seated under a tree, discussing family planning. Menya and Akol have two children and want to wait some time before having another child. Lopeyo and Naduk recently had a baby and they don't want to have another child right now. Akol says she has heard that some people use family planning, but she does not know much about it. Naduk says she knows that there are many different methods, but she does not know how they work. Menya suggests that they talk to the VHT. Everyone agrees and the group goes to find the VHT.

The two couples greet Kiyonga, the VHT. Lopeyo explains that they have come to learn about family planning methods. The VHT thanks them for coming and says it is important for couples to talk about family planning. After giving birth, it is healthiest for the mother and children if the couple waits for at least two years before trying to become pregnant again. Couples may also want to plan to have their children when they are able to provide for them. There are family planning methods that can be used to support this.

The VHT takes out a male condom from his bag. He turns and asks the audience if they know what condoms are for and how to use them.

[Allow a few audience members to respond].

The VHT thanks the audience, then explains that condoms can be used to prevent both pregnancy and sexually transmitted diseases such as HIV. To be effective, the couple must use the condom correctly every time they have sex. The condom should

be put on when the man's penis is erect, and rolled down. There should be a little room left at the top. After use, it should be removed and thrown away. They should use a new condom every time they have sex. Condoms do not have any side effects.

Akol asks what other family planning methods the VHT has. The VHT says he does not have any others, but he can take the group to the health centre, where a nurse can explain the other methods that are available.

Moderation Questions for Audience

1. Why do the couples go to see the VHT?
2. What are condoms used for? What is important to remember to use a condom correctly?

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, we see that the couples Menya and Akol and Lopeyo and Naduk go to the VHT in order to learn more about family planning. The VHT explains that condoms can be used both to prevent pregnancy and to prevent sexually transmitted diseases. To use a condom correctly, the condom should be put on when the man's penis is erect, and rolled down. There should be a little room left at the top. After use, it should be removed and thrown away. A new condom should be used every time they have sex.



Scene 2

In the health centre the nurse Lochoro, welcomes the group and asks why they have come. Akol says that they have all come to learn more about family planning methods so that they can decide which method is best for them. Nurse Lochoro says it is good that they have come to the health centre where they can get information and the method that best suits them.

Nurse Lochoro takes out a board which shows the different family planning methods. She asks the group if they know what each of these are. Naduk points to the different methods and says the names aloud: pills, male condoms, female condoms; IUD; implant; LAM; injection; vasectomy; tubal ligation. The nurse is impressed that Naduk knows all of these methods. She says she is going to explain the methods that she can offer them that day: Pills, the injectable, the implant, and the IUD.

Nurse Lochoro points to the pills, and explains that pills keep the woman from producing an egg, so even if sperm are in her reproductive system, there is no egg to fertilize. The woman must take one pill at the same time every day for the method to be effective, even if she is not going to have sex that day. Menya asks if there is anything else she should know. Nurse Lochoro says that some women who use the pill have irregular menstrual bleeding at first, followed by lighter bleeding. Some women experience an upset stomach or a mild headache that goes away after a few months.

Nurse Lochoro then points to the injectable. She explains that this is a hormone injection given every 3 months that prevents the egg from being released. Women using this method will likely notice irregular bleeding at first, and then spotting or no monthly bleeding. Some women notice a small weight change. Akol has heard people say the injection will stop a woman from ever producing more children. Nurse Lochoro explains that this is not true. After stopping injections, a woman can get pregnant after several months.

Nurse Lochoro points to the implant. She explains that the implant is a small tube placed under the skin of upper arm. Hormones from the tubes block sperm from reaching egg and prevent release of egg. It works for about 3-5 years, then should be removed. Naduk asks if this affects the woman's menstruation. Nurse Lochoro says yes, that is possible. Some women have irregular bleeding, spotting, heavy bleeding, or even no bleeding when using the implant. All of these are common and safe.

Finally, Nurse Lochoro points to the IUD and explains that this is placed inside the woman's uterus. It causes a chemical change that destroys the sperm or lets out a small amount of hormone to prevent the lining of the uterus from growing. It works for about 3-5 years. Lopyeo asks if this method also affects menstruation. Nurse Lochoro says yes, some women have cramping and heavy bleeding during the first months that they use the IUD. Lopyeo asks what the woman does when she wants to get pregnant. Nurse Lochoro explains that she should return to the clinic to have the IUD removed.

The couples thank Nurse Lochoro for the explanation. They say that they want to go home and talk about which method they will use. Nurse Lochoro says it is good for them to discuss this as a couple. She hopes that they will return soon to obtain the method that they choose

Moderation Questions for Audience

1. What methods are offered at the health center?
2. How do each of these methods work?

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, we see that pills, the injectable, the implant, and the IUD are available at the health center. Pills prevent the woman's body from producing an egg. She must take the pill at the same time every day. The injectable is an injection that is given at the health center. It prevents the woman's body from producing an egg. It lasts for three months. The implant is a small tube placed under the woman's arm. It prevents the woman's body from releasing an egg, and also blocks sperm that enter the woman. It lasts for three to five years. The IUD is a small device placed inside the woman's uterus. It destroys sperm or prevents the lining of the uterus from growing. It lasts for 3-5 years.



Scene 3

Menya and Akol are at home discussing what method they should use. Menya thinks condoms are best, but Akol is afraid that if they don't use the condom properly or don't have any at home she could get pregnant. Akol would like to use the implant because it lasts for several years. Menya says he fears the implant will get lost in her body. Akol says this cannot happen; the implant always remains in the arm, where it is placed. Menya agrees that they should use the implant and offers to accompany her to the clinic to get it.

On the way to the clinic, they meet Lopeyo and Naduk. The couples greet and Akol asks if they have decided on a family planning method. Naduk explains that they considered pills and the injectable. At first she wanted to try the pills, but then thought she might not remember to take one every day. They ultimately decided on the injectable. Lopeyo says he is happy that they went to the clinic to learn about the methods and that they decided together which method to use.

The couples continue walking to the clinic to get their family planning methods.

Moderation Questions for Audience (Split audience into age groups for this section).

1. What did you learn from today's drama?
2. Are there couples in this community like Menya and Akol? Like Lopeyo and Naduk?

3. Do couples in this community talk about family planning methods as Menya and Akol did? What would make it easier for couples to have this conversation?
4. If your friend wanted to learn more about family planning methods, what advice would you give him or her?
5. What did you learn about family planning methods from this drama? Where would you go to get more information?

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 drama, we see that two couples, Menya and Akol and Lopeyo and Naduk want to learn more about family planning methods. First they visit a VHT, then they visit the health center. The VHT and Nurse explain how different methods work and what to expect when using the methods. Each couple discusses the different options and decides to use the method that is best for them.

Closing

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask participants to think of three people who they will talk to about family planning methods.
- Ask each participant 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 4:
FAMILY
PLANNING

COMMUNITY THEATRE – STORYLINE 3



Characters

Teko.....*Lead Mother who explains how LAM works*

Longoli.....*A member of the Mothers' Group*

Nakong.....*A member of the Mother's Group who decides to use LAM*

Moru.....*Nakong's husband*

Nurse

3-5 Women.....*Other Members of the Mother's Group*

Scene 1

A group of mothers is having their monthly meeting. The Lead Mother, Teko, welcomes the group and explains that she is going to talk about a family planning method called the Lactational Amenorrhea Method (LAM). LAM is a way to prevent pregnancy naturally after giving birth. She asks if anyone has heard of LAM. One mother, Longoli, says that she heard LAM is when you are breastfeeding. Lindsey says that this is partly true, but not all of the information needed to use the method.

Teko explains that breastfeeding can signal a woman's body not to release an egg, but only if breastfeeding happens frequently. There are three conditions for using LAM. First, the woman must only breastfeed the baby. This means that she breastfeeds the baby whenever the baby is hungry, both during the day and at night. It also means that the baby doesn't eat any other food or drinks. Second, the woman's period must not have returned. Third, the baby must be less than 6 months. If any of these three conditions are not in place, LAM will not be a reliable way to prevent pregnancy. Teko tells the women to think about a pot of water that is sitting on three firestones. She turns to the audience and asks: What happens to the pot of water when one of the stones are removed?

[Allow a few audience members to respond]

Teko thanks the audience. Then she explains that they should think of LAM like that pot of water and the three firestones as the three conditions for using LAM. If one of the conditions is removed, LAM will fall over and will not be effective.

One mother, Nakong, says she likes this method and would like to try using it with her next baby. However, her mother sometimes feeds her babies food when she watches them. Teko explains that in this situation, LAM will not be effective. If the baby eats any other food, the method might not be effective.

The women thank Teko for the session today.

Moderation Questions for Audience

1. What is LAM?
2. What are the three conditions for using LAM?
3. What happens if one of the conditions for using LAM changes?

Summary

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

LAM is a method of family planning for women who are breastfeeding. To use LAM, a woman must meet three conditions. First, she only breastfeeds the baby. This means that she breastfeeds whenever the baby is hungry and does not give the baby any other food. Second, her menstrual period must not have returned. Third, the baby must be less than six months old.



Scene 2

Nakong is at home with her husband Moru and their new baby. She tells him about a family planning method called LAM that she learned about in her Mother's Group meeting. She explains the three conditions to him. She can use this method until the baby is 6 months old. Moru agrees this is a good method and thinks they should. He wonders what they should do if their neighbors try to feed their baby. Nakong says they must ask their neighbors not to give the baby any food or drink; the baby should only eat breastmilk when she is using LAM.

Moderation Questions for Audience

1. Why is Moru concerned about neighbors feeding their baby?

Summary

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

One of the criteria for using LAM is that the mother always breastfeeds the baby when the

baby is hungry. The baby should not receive any other food or drink for this method to work. If their neighbors give the baby other foods, the mother will not breastfeed as often, so LAM will not be effective at preventing pregnancy.

Scene 3

Five months later, Nakong brings the baby to the clinic. Nakong tells the nurse that the baby is five months old and it is time for an immunization. The nurse gives the baby a shot. Then the nurse asks Nakong if she is using a family planning method. Nakong says she has been using LAM. The nurse reminds her that LAM is only effective for 6 months, and her baby is already 5 months old. She advises Nakong to think about the other family planning methods that are available: condoms, pills, implants, and injectables are all available in the clinic. Nakong agrees she will think about which method is best for her and start using it before the baby turns 6 months old.



Moderation Questions for Audience

1. What did you learn from today's drama?
2. Are there people like Teko, Longoli, Lakong, and Moru in our community?
3. What are the three conditions for using LAM?
4. If a woman is using LAM, is it okay for other people to give her baby food?
5. Why does the nurse advise Nakong to think about using another method of family planning?

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 today's drama, we saw women learning to use the LAM method of family planning. LAM is a natural way of preventing pregnancy for women who have babies under six months old. To use LAM, a woman must meet three conditions: First, she only breastfeeds the baby. This means she breastfeeds whenever the baby is hungry, and does not give the baby any other food or drink. Second, her menstrual period must not have returned. Third, the baby is less than six months old. If any of these conditions are not in place, LAM will not be effective at preventing pregnancy. If other people give the baby food, the baby will not breastfeed as often and LAM will not work. We saw that the nurse advised Nakong to start thinking about using another family planning method. This is because Christine's baby will soon be 6 months old. Once the baby is 6 months, Nakong can no longer rely on LAM to prevent pregnancy.

Closing

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask participants to think of three people who they will talk to about LAM.
- Ask each participant 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

TOPIC 4:
FAMILY
PLANNING

COMMUNITY THEATRE — CREATE YOUR OWN DRAMA!

Drama Prompt: Lopeyok and Kotol tell their friends that they are going to start using a family planning method. Their friends warn them that family planning can be unhealthy. Abura and Mudong explain to their friends the benefits of family planning and why family planning methods are not harmful.

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 family planning?
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 participants to think of three people who they will talk to about family planning.
- Ask each participant 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.