

Chapter 1: Fertility Awareness

Introduction:

People have varied levels of awareness and information about how their bodies and reproductive systems work. In order to empower women and men in Nepal to make informed choices about how many children to have, and the timing and spacing of those children, FCHVs and community promoters can help their communities understand how fertility and reproduction work. The games in this chapter are designed to help FCHVs and community promoters communicate with women about the menstrual cycle, their fertility, and what determines the sex of the baby.



Key Messages:

- All women of childbearing age experience a menstrual cycle, made up of bleeding days or menstruation, fertile days, and other, non-fertile days.
 - Different women experience different cycle lengths, but variation is normal.
 - Monthly bleeding, or menstruation, is normal, and makes it possible for a women to get pregnant.
- If a woman has sexual relations during the fertile days of her cycle without using some method of family planning, she is at risk for getting pregnant.
 - The sex of the baby is determined by the sperm of the man, which can be male or female. Women's eggs are all female.

Games in this chapter

- The Menstrual Cycle Game
- The Son/Daughter Game

Materials for this chapter:

- The games in this chapter use:
- Cards 41 and 42 (the sperm and egg cards) - Light blue 
- Menstrual Cycle cards - Purple 
- Small seeds or colored objects