


Game D: Method Matching Memory



Purpose:

To learn about and become comfortable discussing various methods of family planning that are available in Nepal.

Materials:

Methods Cards (Cards 1-9) - Orange,  two sets

Take Away Messages:

- FP methods can be short acting, long acting, or permanent.
- Women and men need accurate information about different kinds of family planning methods in order to make good decisions.
- Different family planning methods may work better at different times in a man's or woman's life, depending on when and how many children they want to have.

Introduction:

Today we are going to learn about different kinds of family planning methods and when to start and fertility returns etc. Different methods work for different people.

Discuss:

- ? Do you know someone who uses or has used family planning? What was their experience like?
- ? For people who want to use family planning, what support might they need from their friends or family?

How to Play:

- Mix together the two sets of method cards.
- Have participants sit or stand in a circle. Spread the cards out with the family planning images facing down on the ground.
- Have participants take turns. The first participant should turn over one card and name the family planning method.
Hint: The name of each method is written on the card
- Once this person has named the family planning method, they should share one thing they know about the method or read the information on the card to the group. If they cannot read then get help from someone else.

Hint: There are some basic facts about the methods included on the cards for participants who are unfamiliar with any of the methods pictured. There is a family planning resource card with more detailed information about family planning methods for FCHVs included in the Pragati manual.

- Once the participant has named the family planning method and shared a fact, they may turn over another card from the ground to see if it “matches”. If the cards match, they have “won” their turn. *If the cards do not match, they should turn both back over and return to their place in the circle or sit where they were, and another participant should take their turn.*
- Each time a participant “wins” by matching *their new card with one of the face up cards a pair of cards with the same method*, leave the matched cards face up. Keep playing the game, with participants taking turns one by one, until all 9 methods have been matched and discussed.

Discuss:

- **?** What would make it easier or harder for people in your community to use a FP method?

- What is one thing you learned today that you would share with a friend or family member?
- **Please talk with your health provider if you have questions or are interested in family planning.**