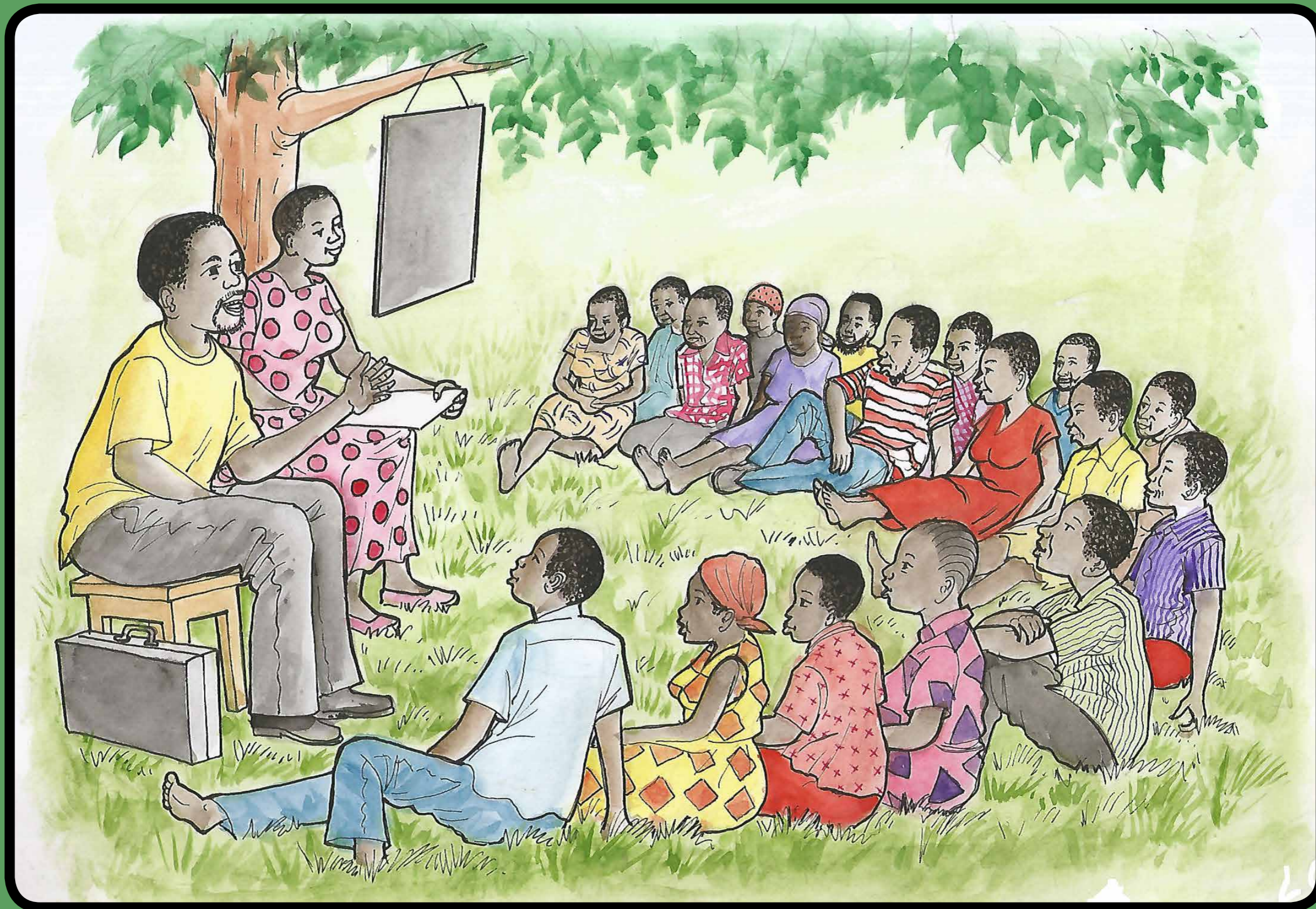
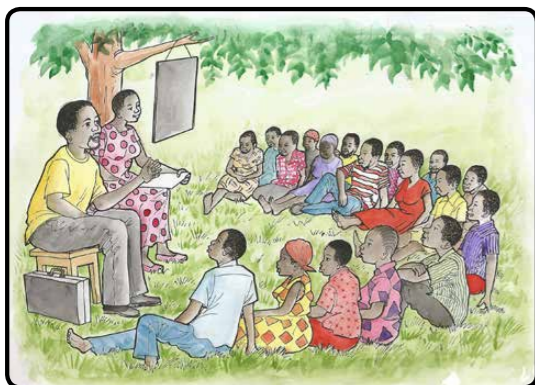


Group Learning





Group Learning: Instructions for Use

Purpose of this tool

This guide is a tool to use during community sessions or small group sessions on family planning. It has simple but important messages to help you:

- Tell community members about the different methods of family planning,
- Explain how methods work and help clarify incorrect information,
- Support people in your community to decide which method of family planning suits them best,
- Help you know who may need referral.

Preparing to use the tool

For each topic in this tool, there is a page with a large picture to show and one for you. Your page has key points to tell.

This guide covers only the main points. When you talk with others, you can add information and discuss matters

in detail to respond to the needs and concerns in your community.

Studying this tool will help you learn the information in it. Using it becomes easier with practice.

Using the tool with clients

- Place the tool where you everyone can easily see it.
- Use only pages and information for that topic that you will discuss in the groups.
- Use language that people will understand. With practice you will not need to read all the text to others. With practice, a glance will remind you of key information to tell.

Using the companion methods board

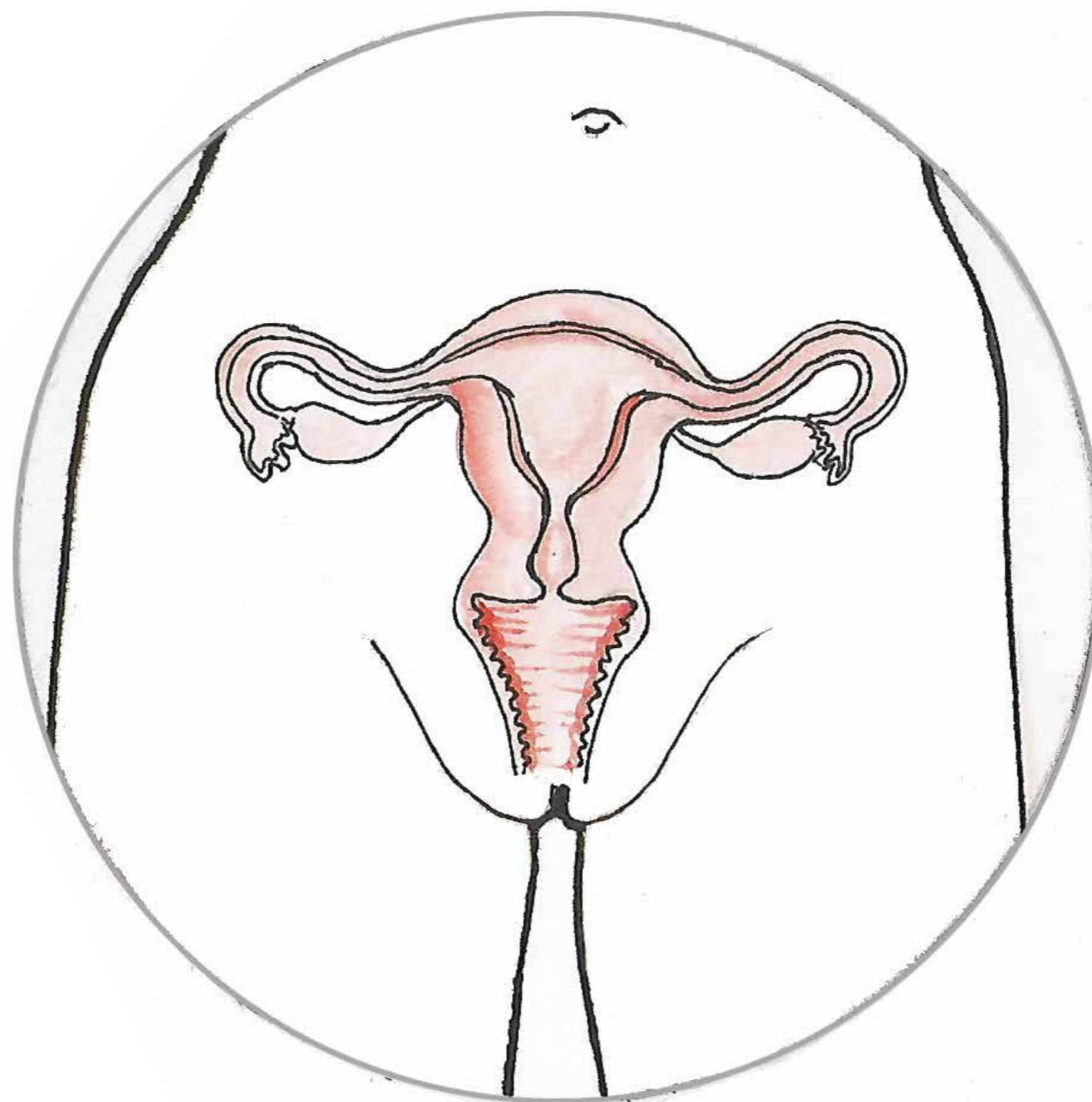
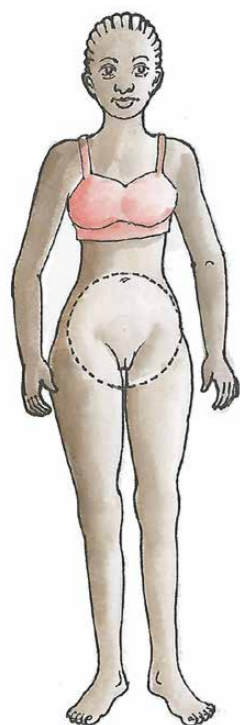
Carry with you the laminated board with examples of the methods so that your clients can see what they really look like. As you explain the methods have the board circulate among the group.

Human Reproduction

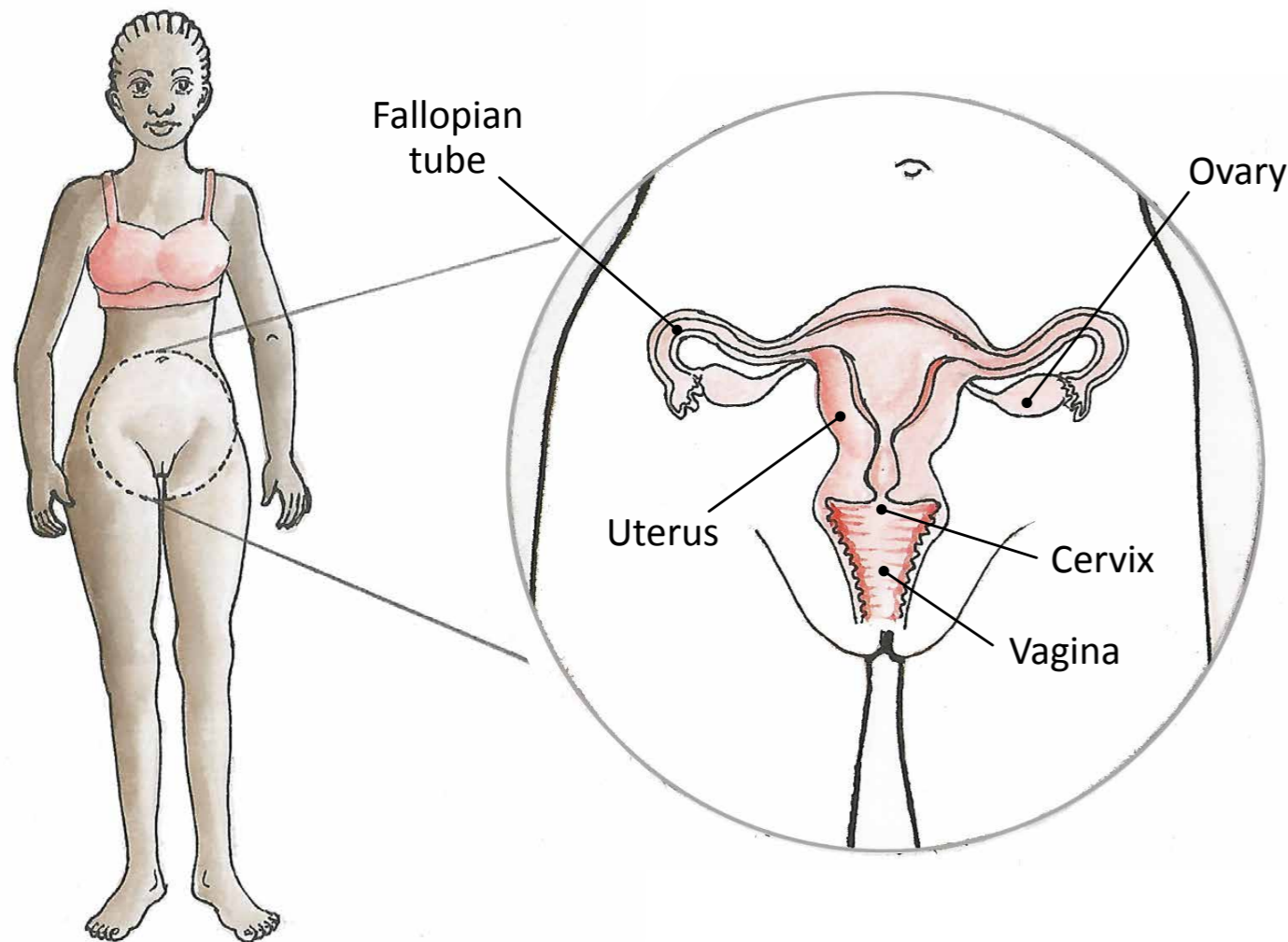
Female and Male Fertility
Menstrual Cycle



Female Reproductive Organs

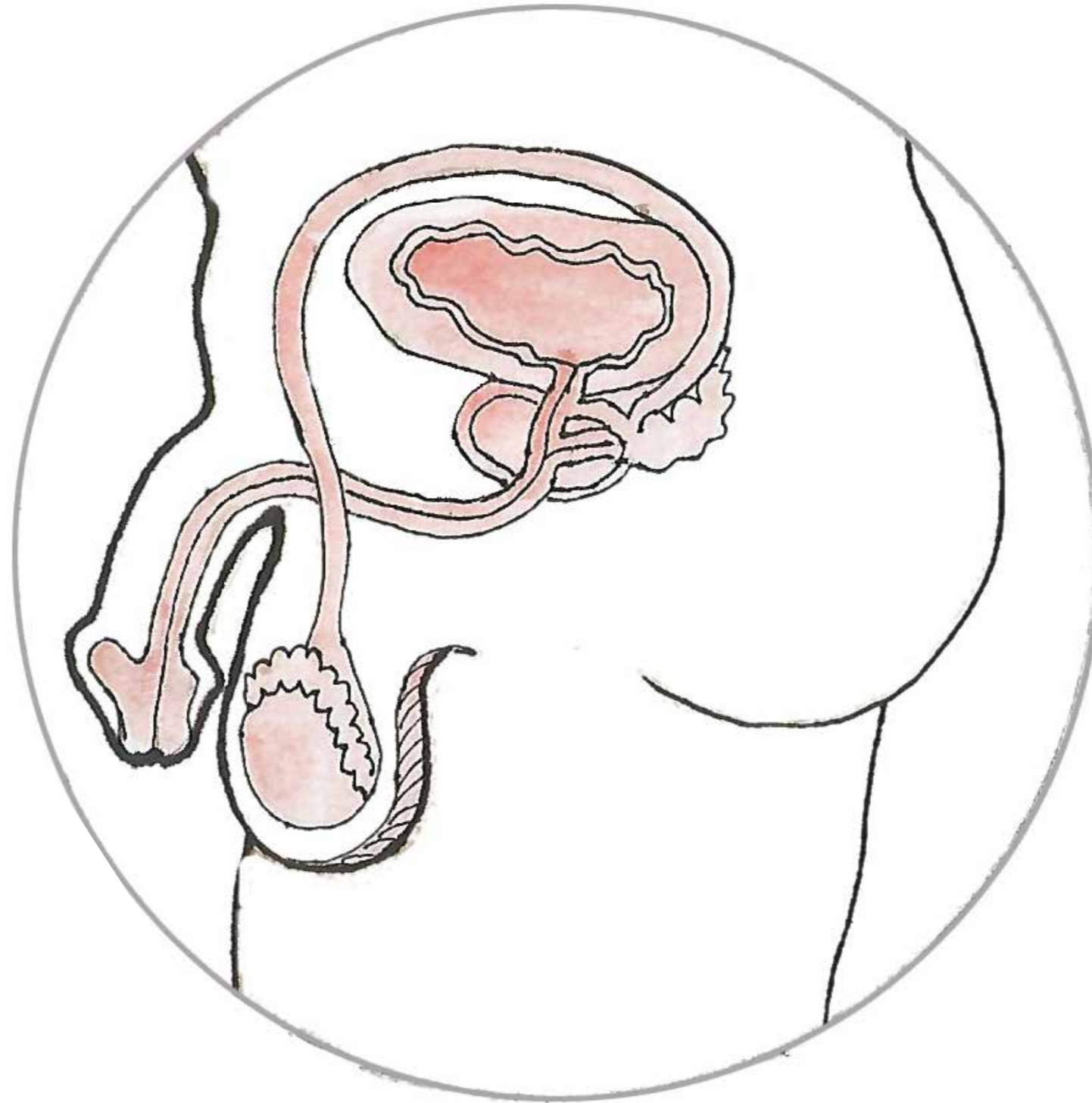
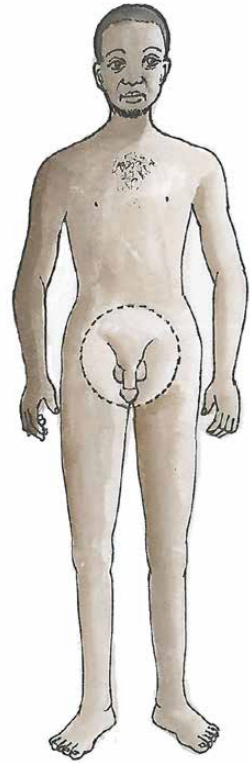


Female Reproductive Organs

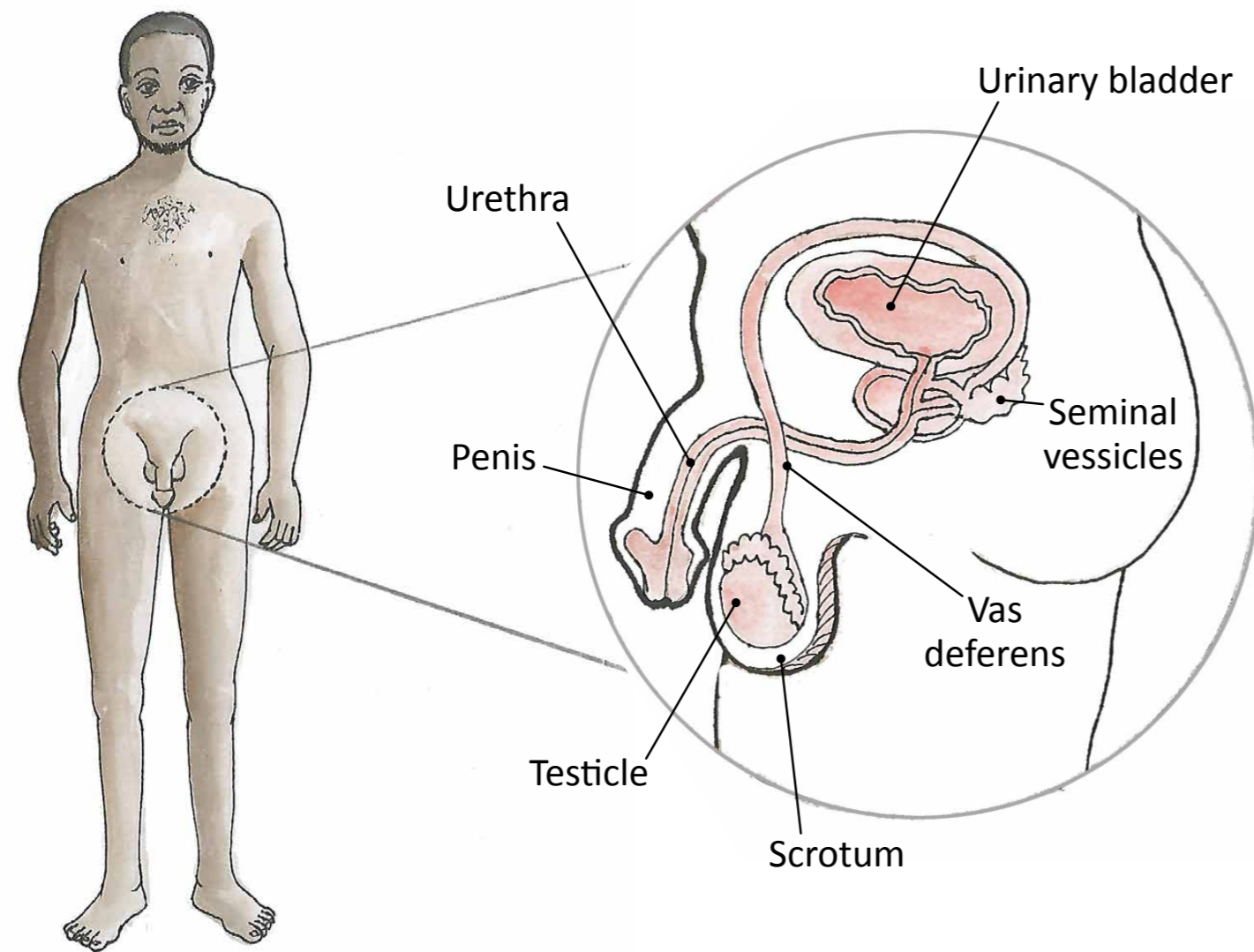


- The **ovaries** produce the female hormone and also eggs. From puberty until menopause, an egg (ovum) matures every cycle. A woman is fertile a few days around the middle of her cycle.
- The **fetus** (baby) grows in the uterus.
- The **vagina** is the canal that receives the penis during sexual intercourse. It is also a passage way for the baby during childbirth.
- The woman's monthly bleeding (**menstruation**) also flows down from the vagina.
- The **fallopian tubes** are narrow canals that carry the egg from the ovaries to the uterus.

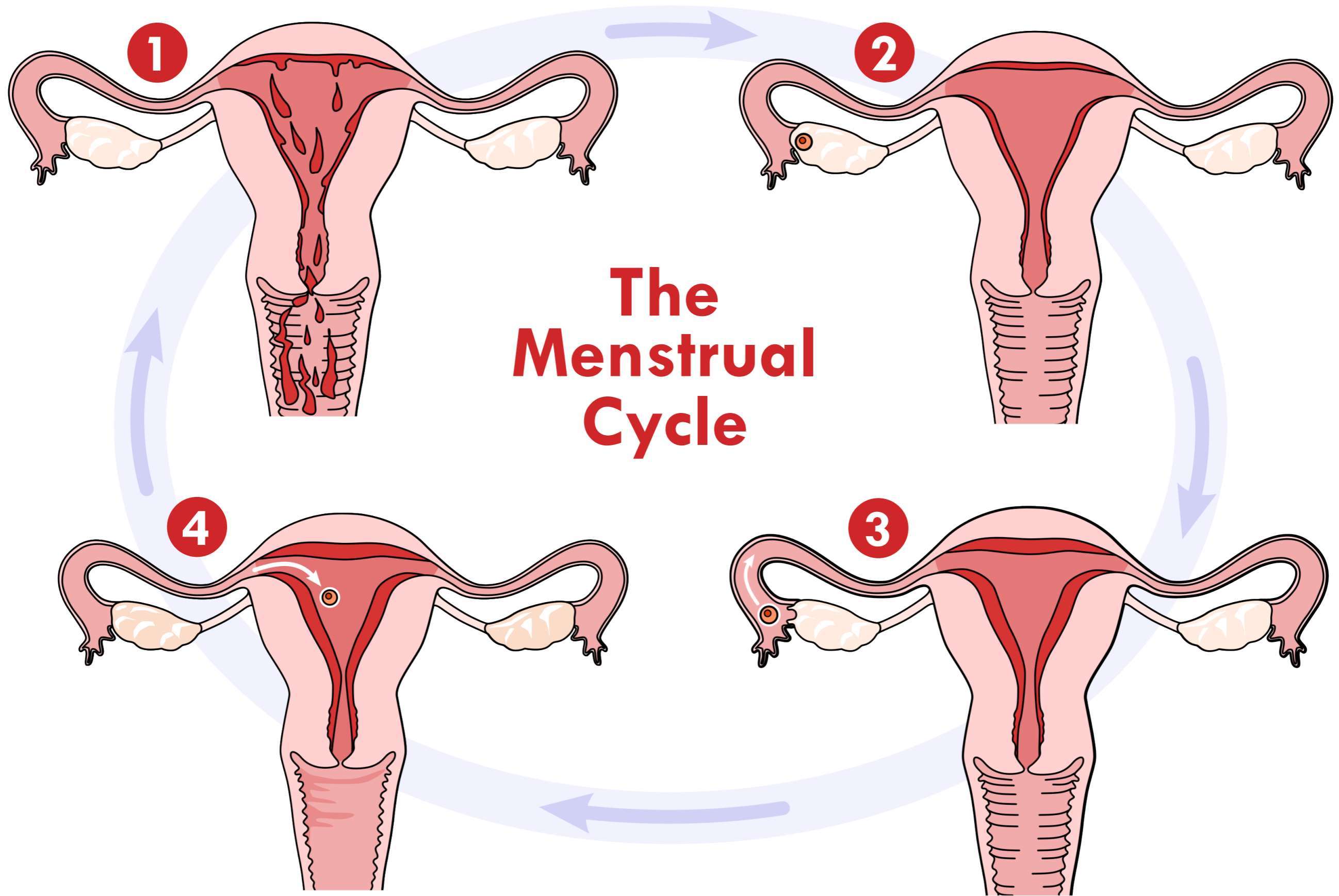
Male Reproductive Organs



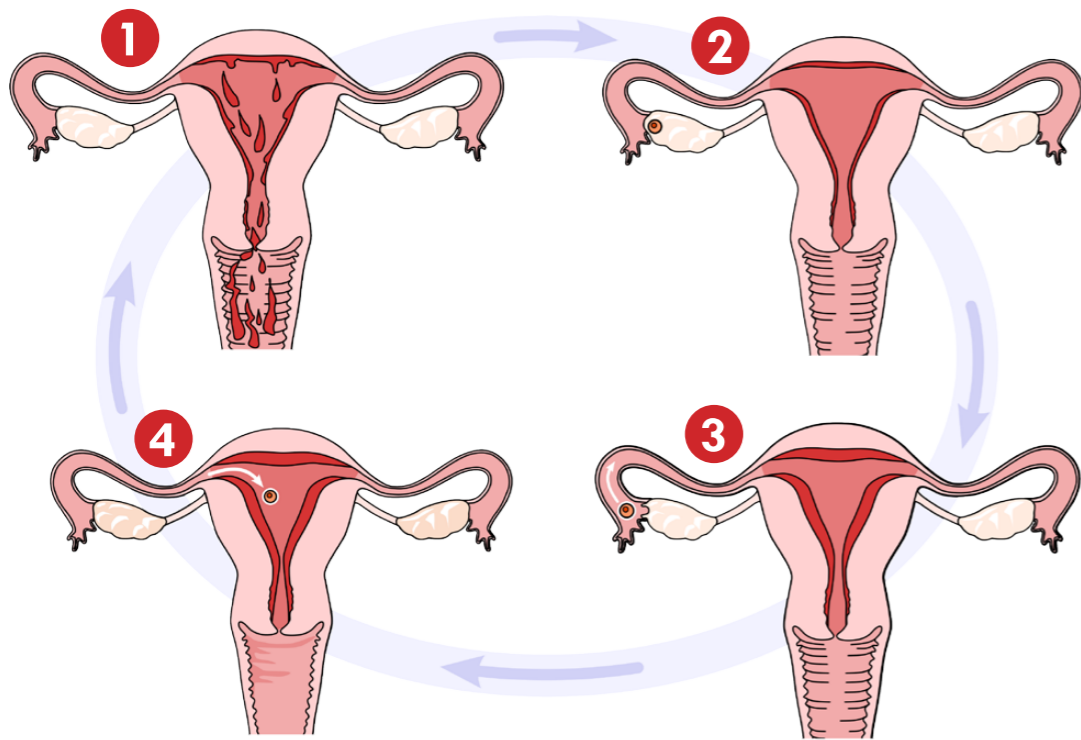
Male Reproductive Organs



- From puberty on, **sperm** (the man's egg) are continuously produced in the **testicles**. A man is fertile every day.
- The man's egg determines the sex of the baby.
- The sperm pass through the **seminal vesicles** and mixes with some fluids to make semen.
- The **penis** is the male reproductive organ through which semen or urine leave the body.
- The **semen** travels through the penis and out of the body by way of **urethra**. This is called ejaculation.
- The **urethra** or urinary opening is the spot from which a man urinates or ejaculates.

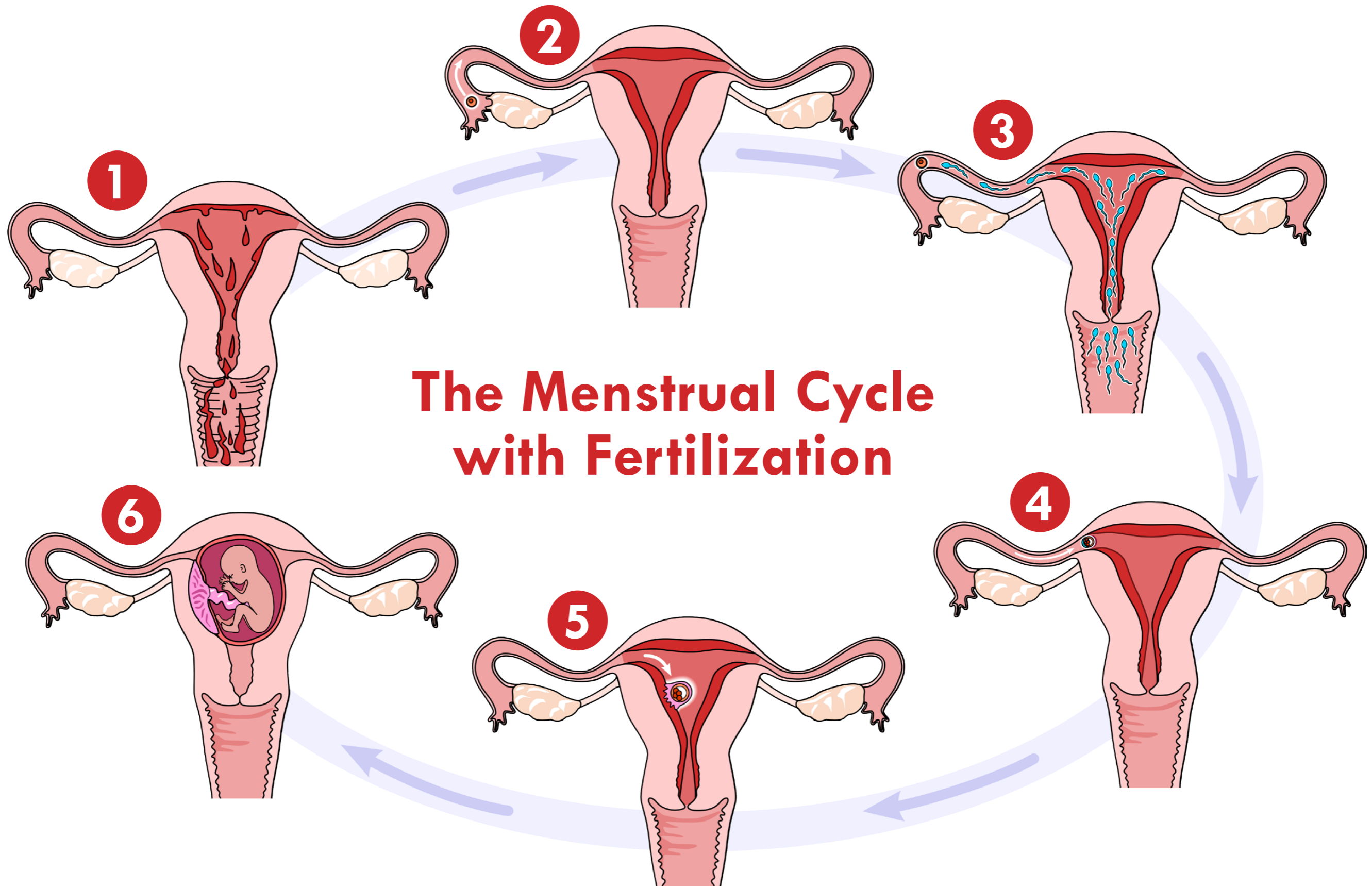


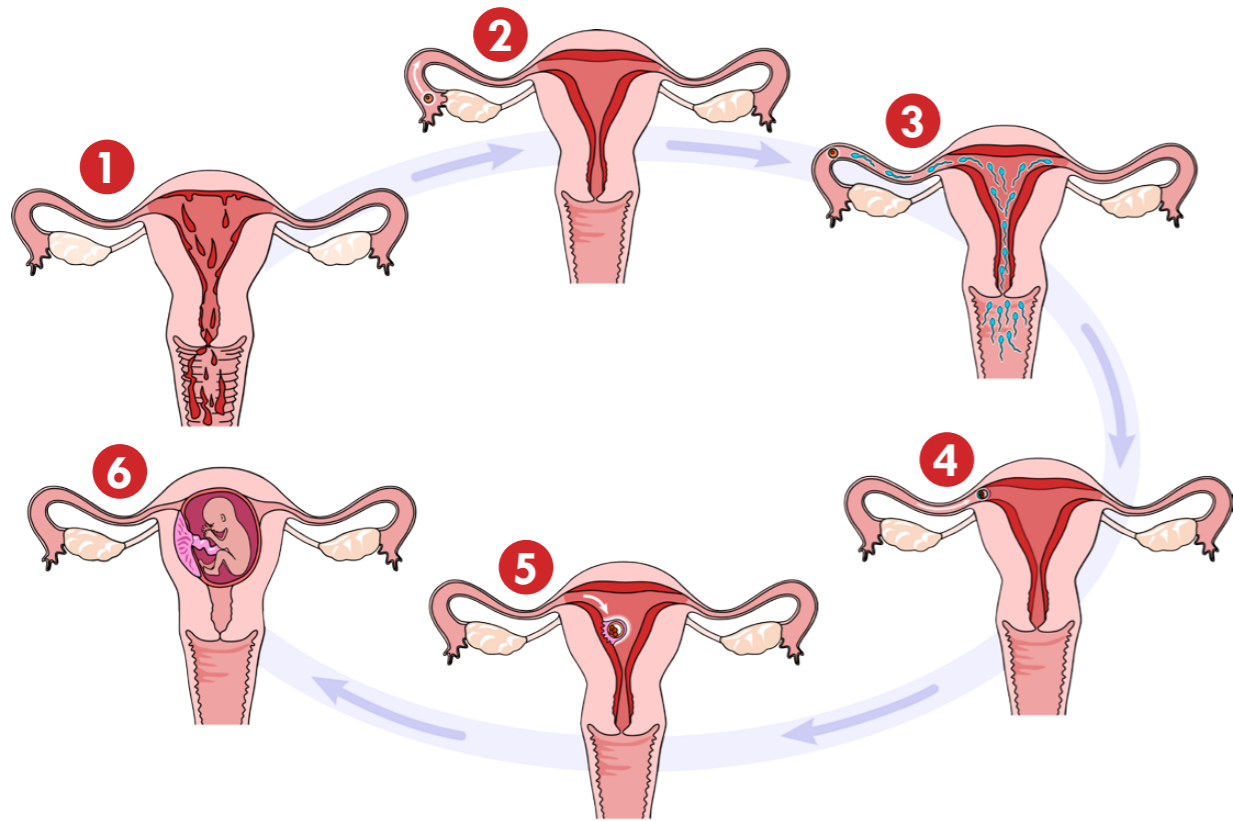
The Menstrual Cycle



The Menstrual Cycle

- 1.** The cycle starts on the first day of a woman's monthly bleeding (menstrual period).
During the period, blood from the lining of the uterus flows out of the vagina. This is menstruation and it can last for 2 to 7 days.
- 2.** The woman's egg (ovum) begins to mature in the ovary.
- 3.** At about the middle of the cycle, the egg is released. This is called ovulation.
The egg travels down the fallopian tube. Here is where it may meet the man's sperm (fertilization).
- 4.** If the egg is not fertilized, it will be eliminated from the uterus with the next monthly bleeding.





The Menstrual Cycle with Fertilization

- 1.** The cycle starts on the first day of a woman's monthly bleeding (menstrual period). During the period, blood from the lining of the uterus flows out of the vagina. This is menstruation and it can last for 2 to 7 days.
- 2.** The woman's egg begins to mature in the ovary. At about the middle of the cycle, the egg is released. This is called ovulation.
- 3.** The egg travels down the fallopian tube. This is where it meets the man's sperm. If the egg is united with the sperm, fertilization happens.
- 4.** A fertilized egg will continue its journey down the fallopian tube and toward the uterus.
- 5.** The fertilized egg attaches to the lining of the uterus.
- 6.** There the fertilized egg slowly develops into a baby.

Healthy Timing and Spacing of Pregnancies and Family Planning Methods



Healthy Spacing of Pregnancies

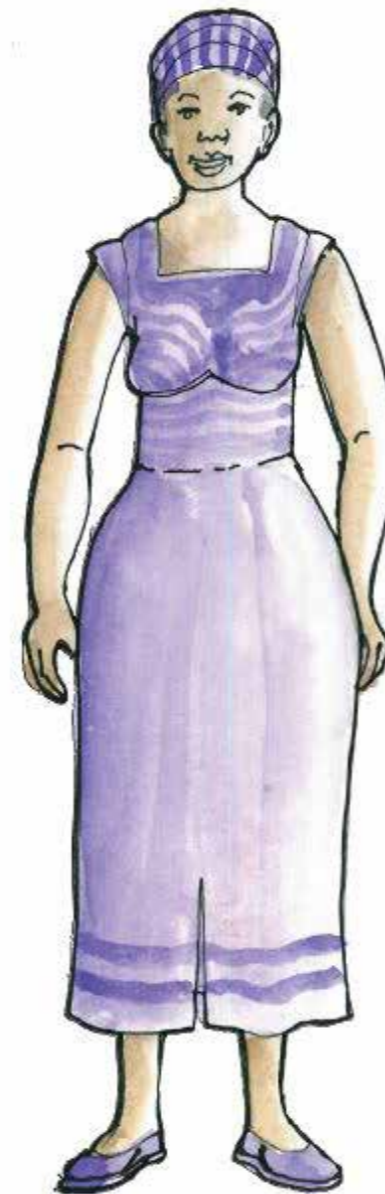
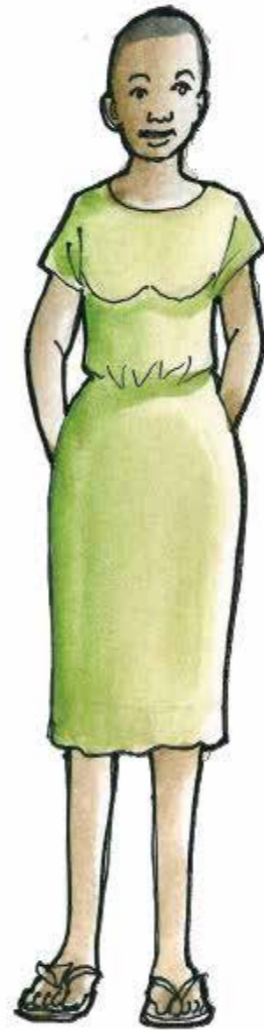




Healthy Spacing of Pregnancies

After having a child, it is healthiest for the mother and child to wait at least 2 years before trying to become pregnant again.

Healthy Timing of Pregnancies

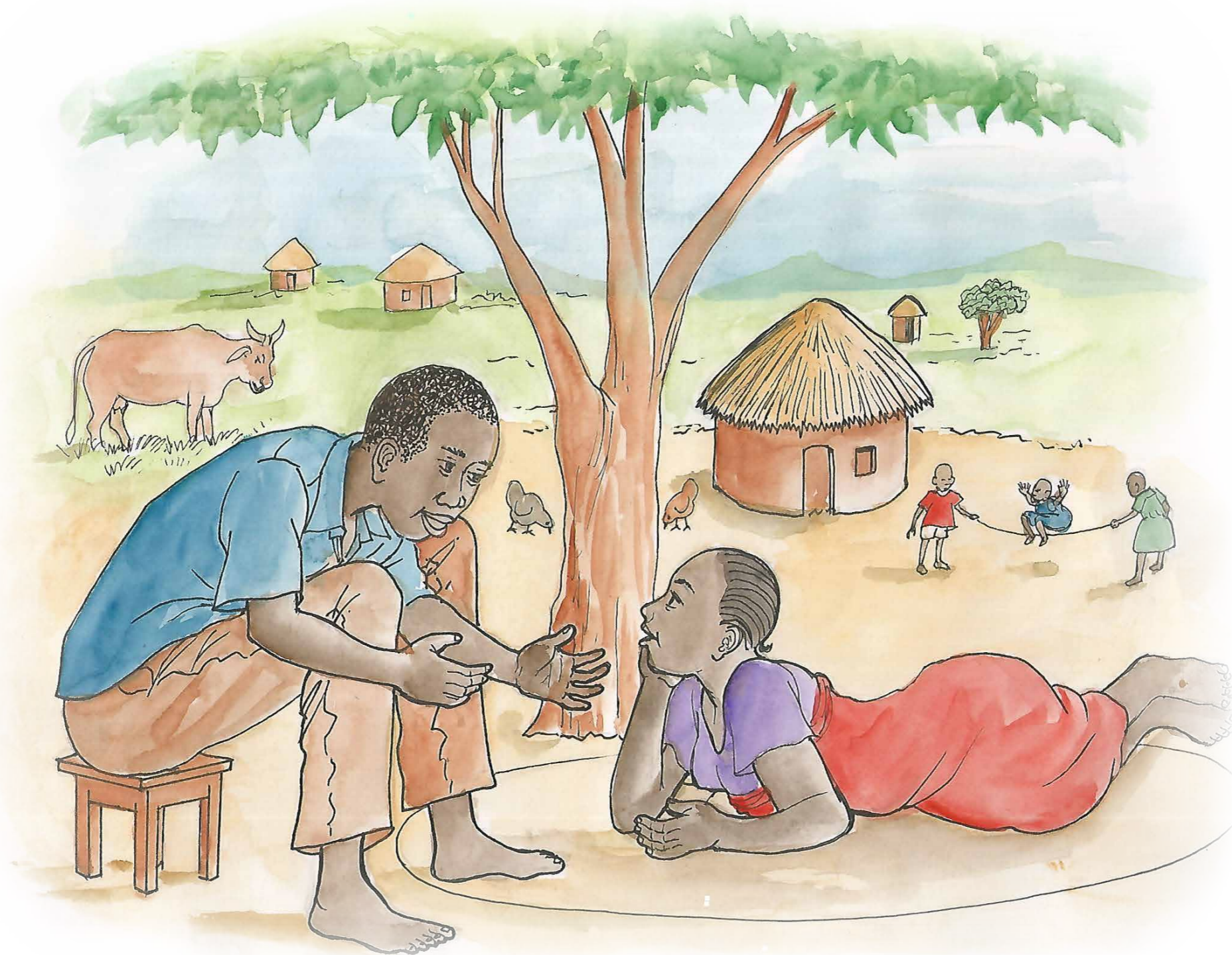


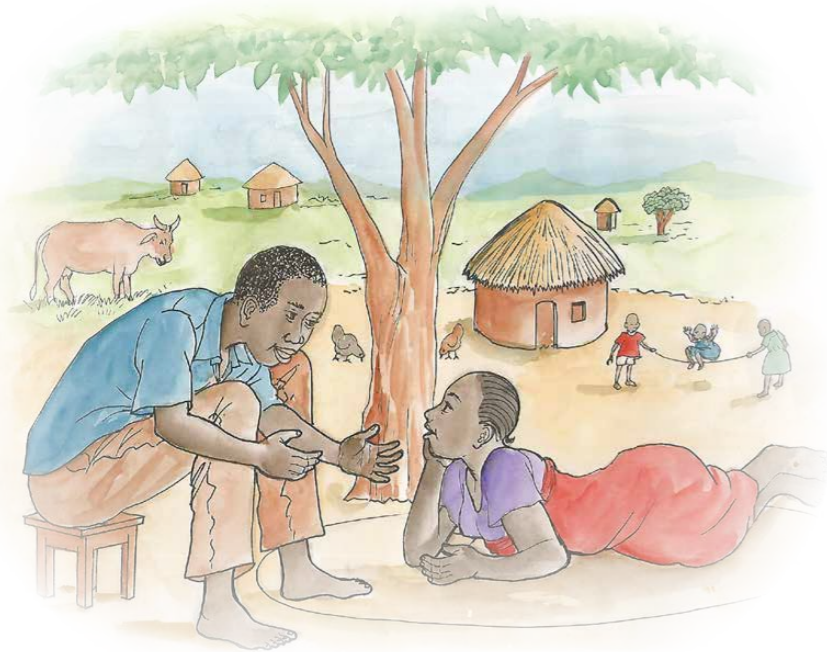


Healthy Timing of Pregnancies

It is healthiest to delay pregnancy until at least age 18.
Both mothers and babies are healthier when the mother is 18 or older.

Family Planning





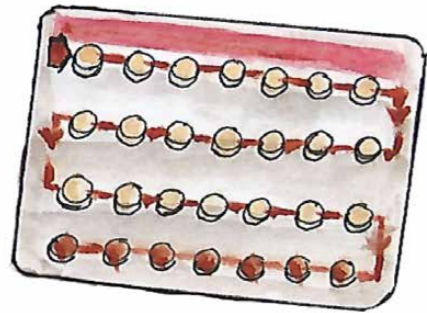
Family Planning

Women and men have the right to choose how many children to have and when to have them.

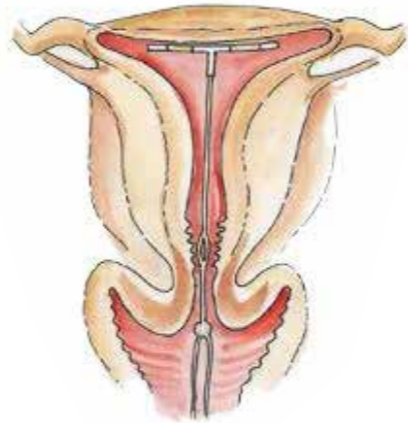
How can family planning help you?

- Mothers and babies are healthier when risky pregnancies are avoided. A risky pregnancy includes those when the mother is too young or when pregnancies are too close in time.
- Smaller families mean more money and food for each child.
- Parents have more time to work and to be with family.
- Delaying first or second pregnancy lets young women and men stay in school.

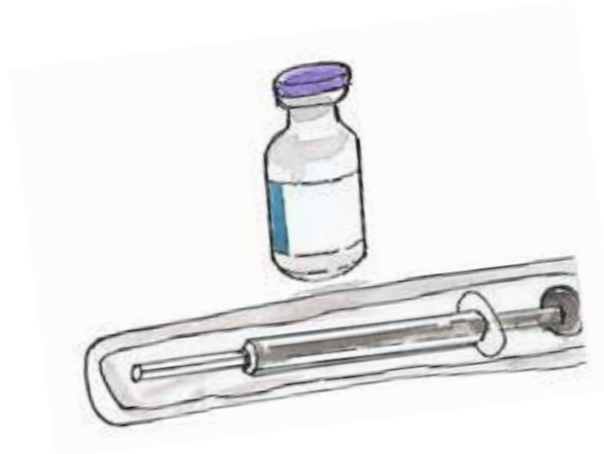
Family Planning Methods



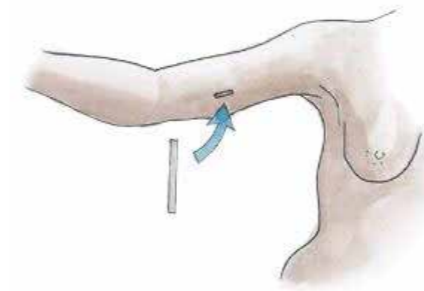
Pill



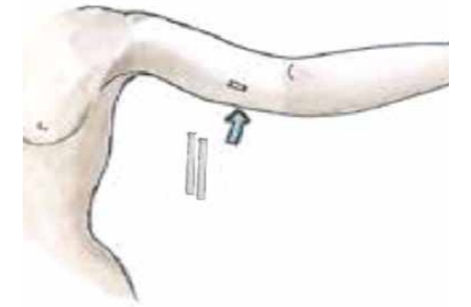
IUD



Injectable



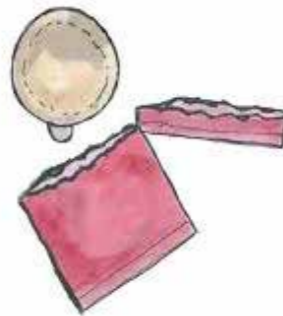
Implant



Vasectomy



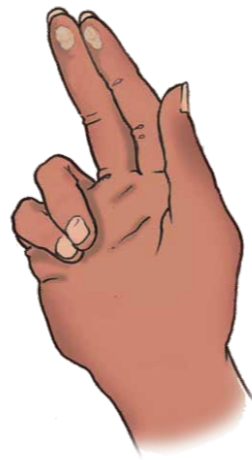
LAM



Male condom



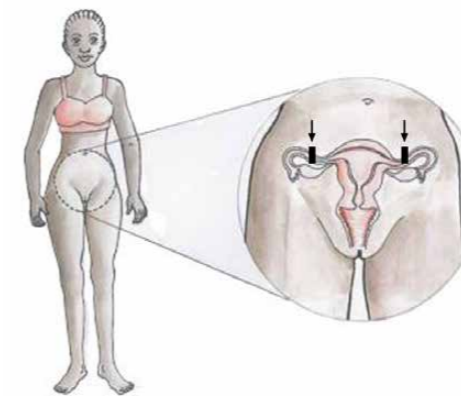
Female condom



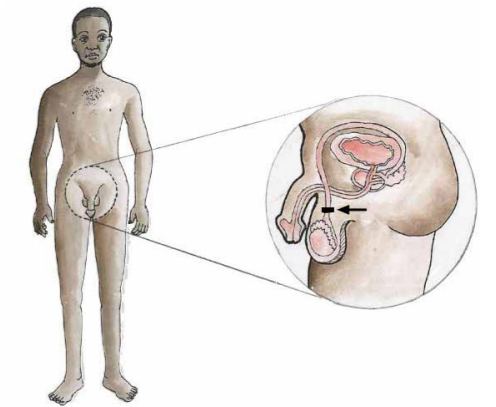
TwoDay Method



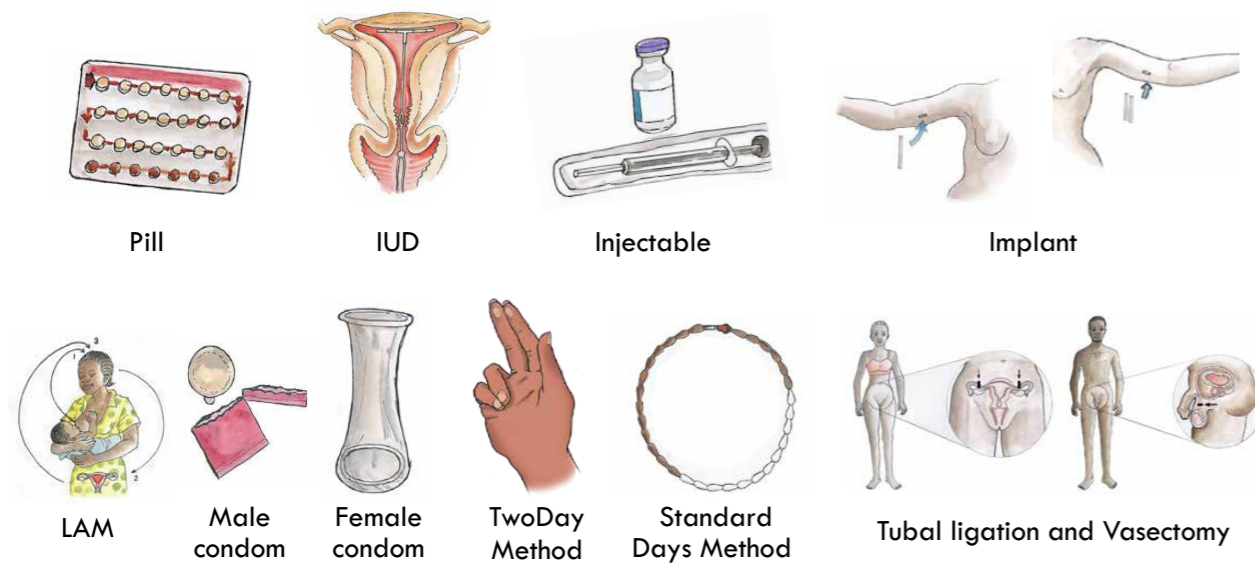
Standard Days Method



Tubal Ligation



Family Planning Methods



There are many methods to choose from.

- Some are more effective than others.

Methods that group facilitators can provide:

- Condoms
- LAM
- CycleBeads for the Standard Days Method
- TwoDay Method

Methods provided by health workers or at health centers:

- Pills
- Injections
- Implants
- IUD
- Tubal Ligation
- Vasectomy

Methods Offered in Health Facility

Pills

Injectable

Implant

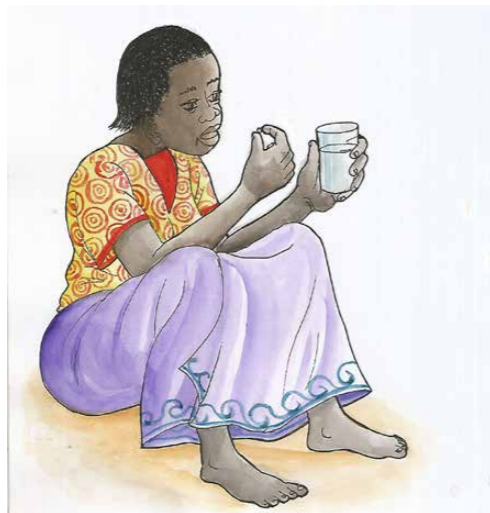
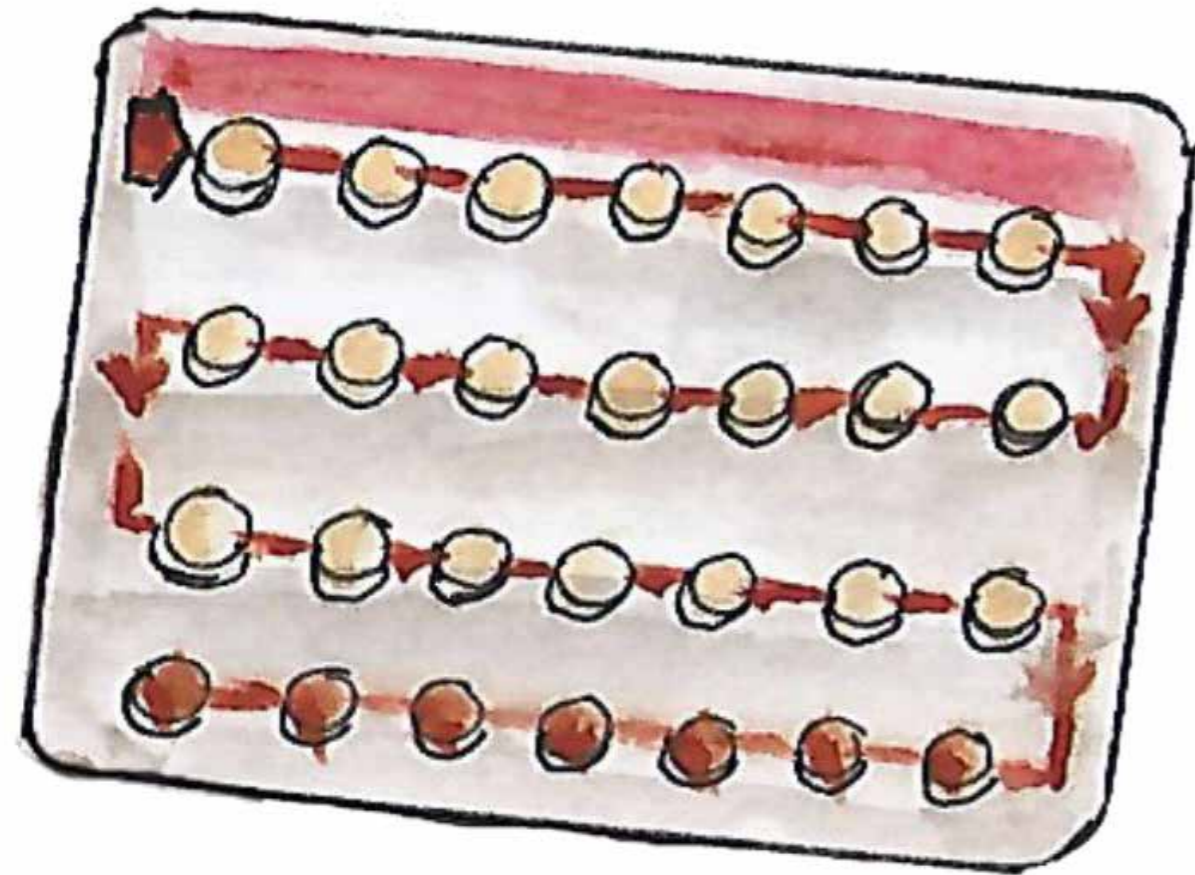
Intrauterine Device (IUD)

Tubal Ligation

Vasectomy

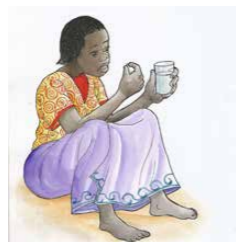
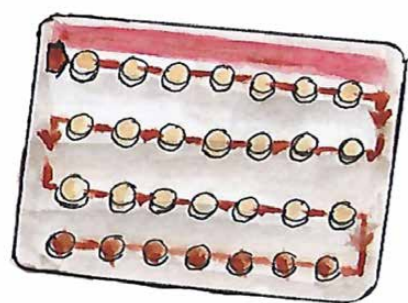


Pills



Injectable





Pills

What it is

- A pill with hormones in it that is taken every day.
- Prevents release of egg, and blocks sperm from meeting egg.

How to use

- Take one pill every day.
- When you finish a pack of pills, start a new pack the next day.

What to expect

- Sometimes irregular bleeding at first, then followed by lighter monthly bleeding with less cramping.
- Some women have stomach upset or mild headaches that go away after the first few months.



Injectable

What it is

- Hormone injection given every 2 months or 3 months
- Prevents release of egg
- Very effective when injections are on time

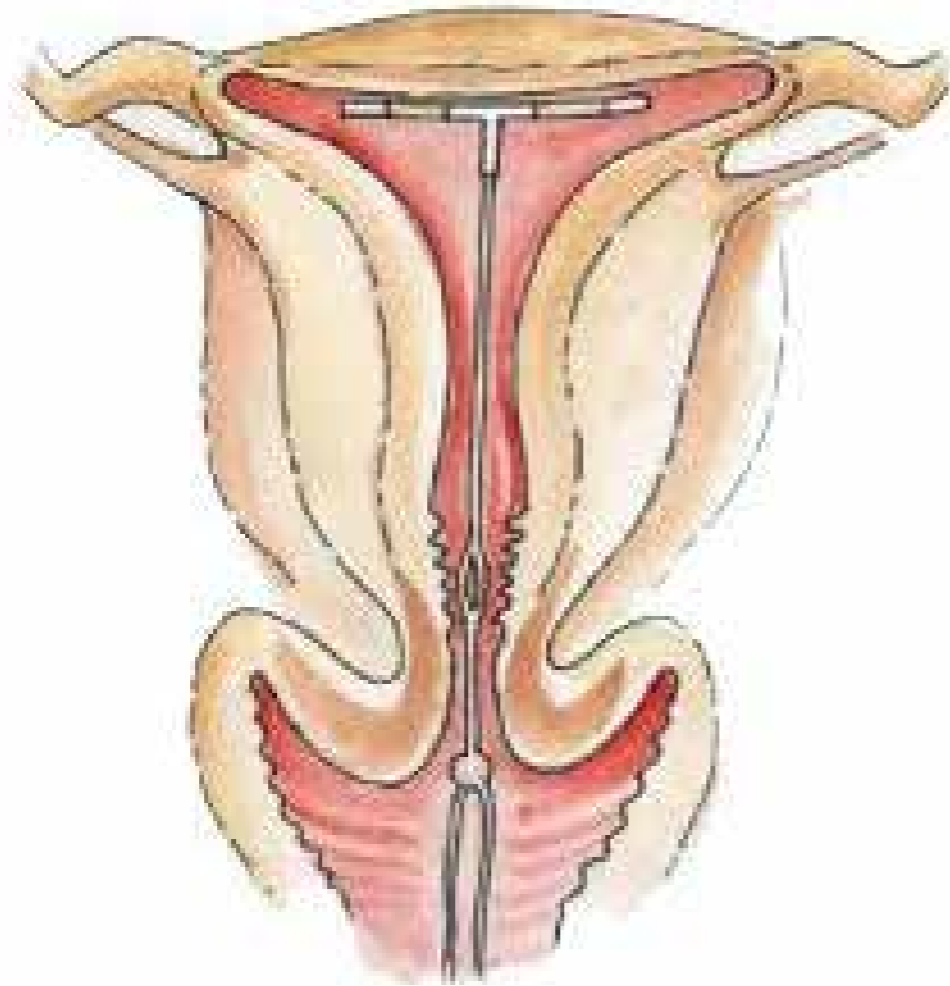
How to use

- Get an injection every 2 months (NORISTERAT) or 3 months (Depo).
- If breastfeeding, can start 6 weeks after childbirth.

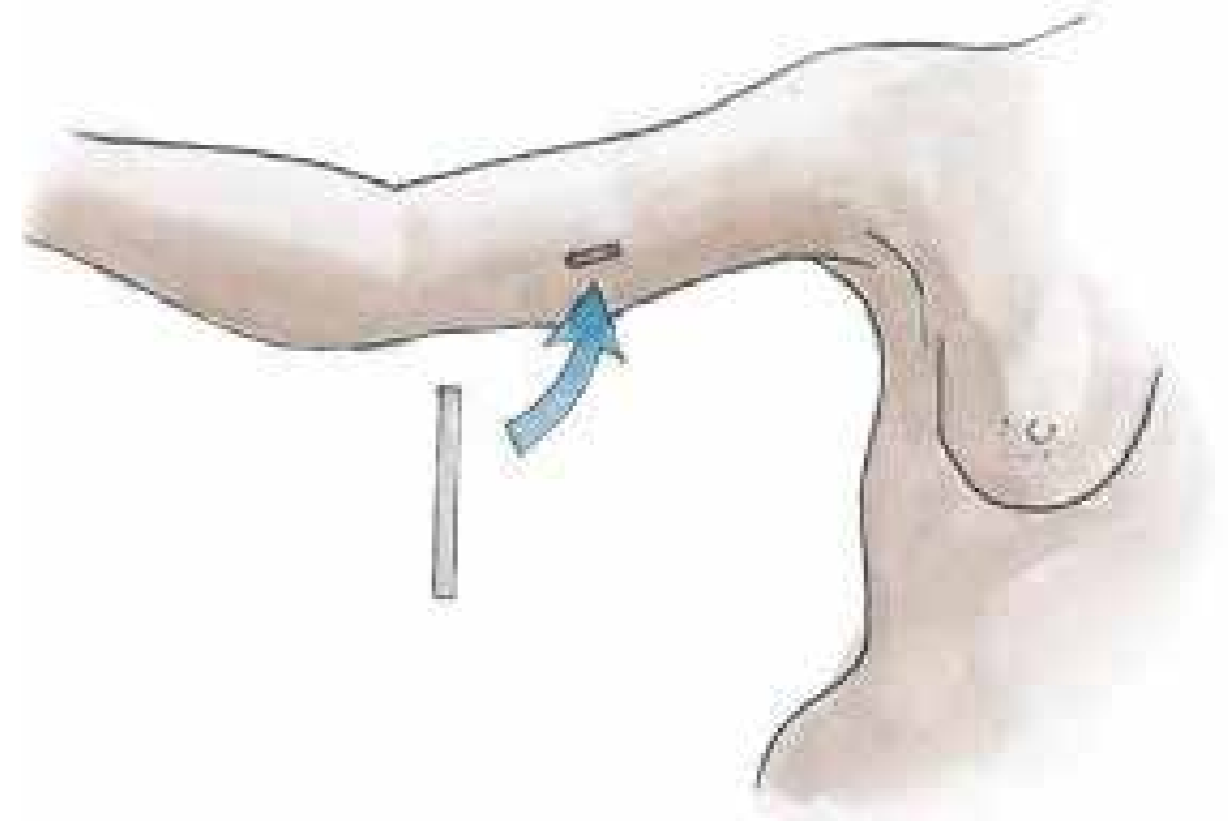
What to expect

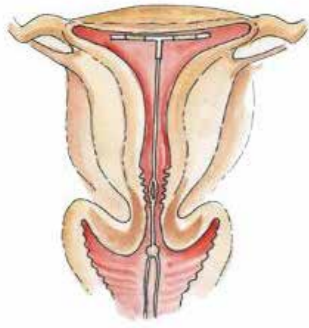
- Irregular bleeding at first, then spotting or no monthly bleeding. This is common and safe.
- Possible slight weight change.
- After stopping injections, it can take several months to become pregnant.

IUD



Implant





IUD

What it is

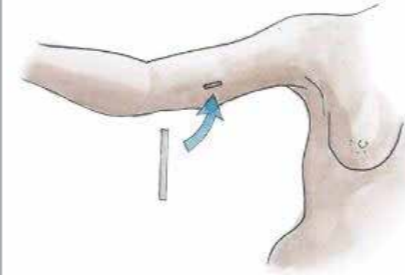
- Small, flexible, plastic “T” wrapped in copper wire that is placed in the uterus.
- Safe to use for up to 12 years.
- Can be removed any time if you want to get pregnant.

How to use

- Inserted and removed by a trained provider

What to expect

- Some cramping and heavier bleeding during monthly bleeding in the first few months of use.



Implant

What it is

- Small tubes placed under the skin of upper arm.
- Hormones from the tubes blocks sperm from reaching egg and prevents release of egg.

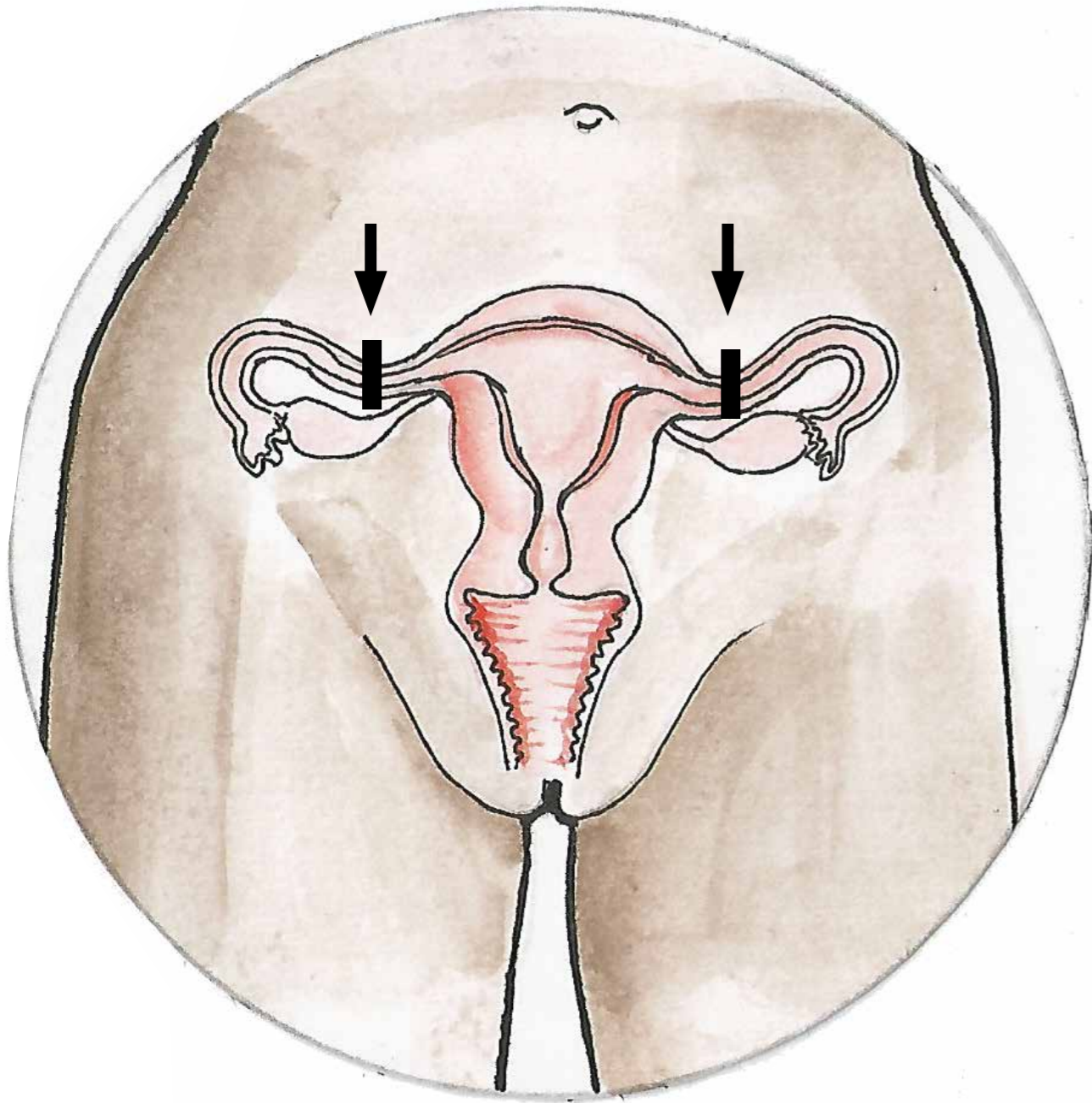
How to use

- Trained provider inserts and removes the tubes
- Lasts for 3 to 5 years
- Can be removed at any time if you want to get pregnant

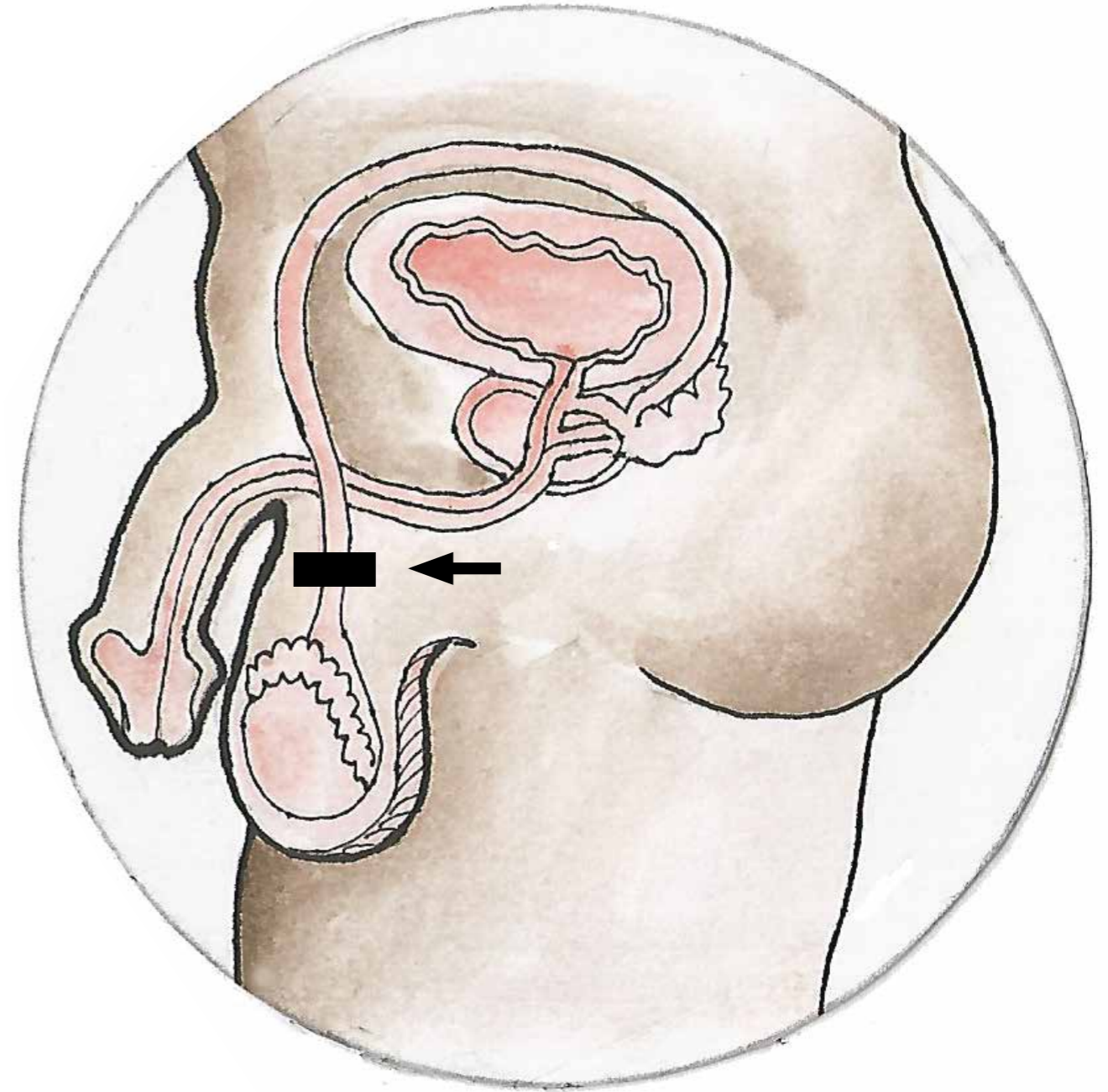
What to expect

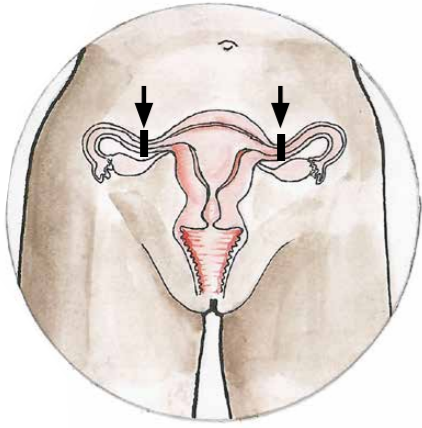
- Changes in monthly bleeding are irregular bleeding, spotting, heavier bleeding or no monthly bleeding. These changes are common and safe.

Tubal Ligation



Vasectomy





Tubal Ligation

What it is

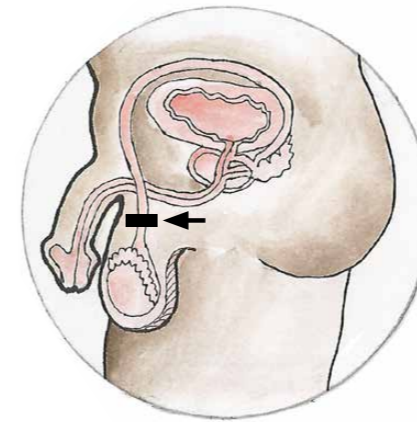
- Operation that is safe and permanent for women or couples who do not want more children.

How to use

- Doctor cuts or blocks the tubes. The uterus is not removed.

What to expect

- May have soreness for a few days after procedure.
- Monthly bleeding will continue as usual for you.



Vasectomy

What it is

- Operation that is safe and permanent for men or couples who do not want more children.

How to use

- Simple operation by a trained doctor who cuts the tubes. Testicles are not removed.

What to expect

- Does not decrease sex drive, erection or ejaculation.
- Must use back-up method for first 3 months.

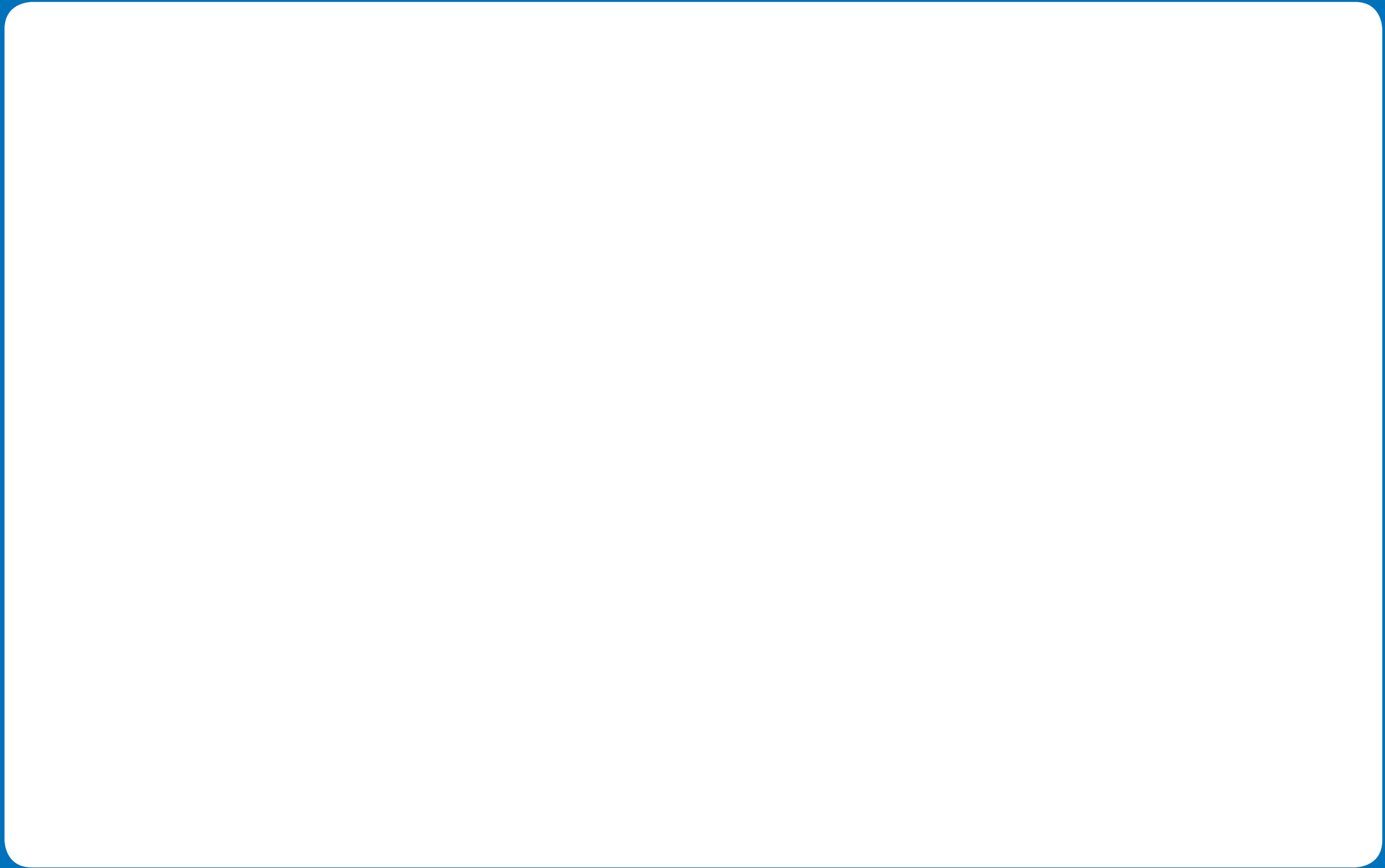
Methods Offered by Group Facilitators

LAM

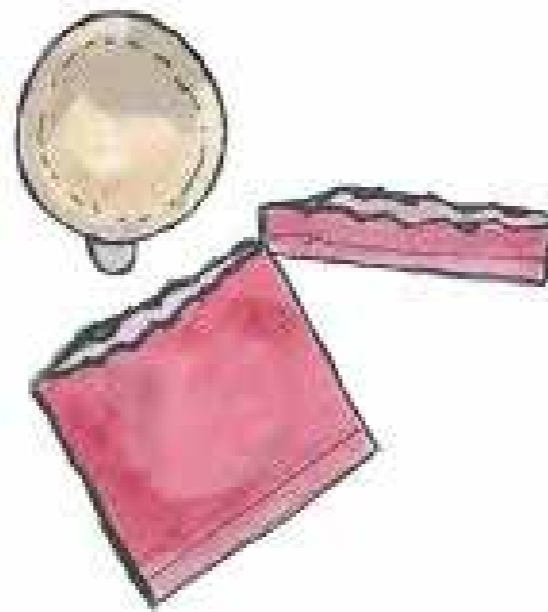
CycleBeads

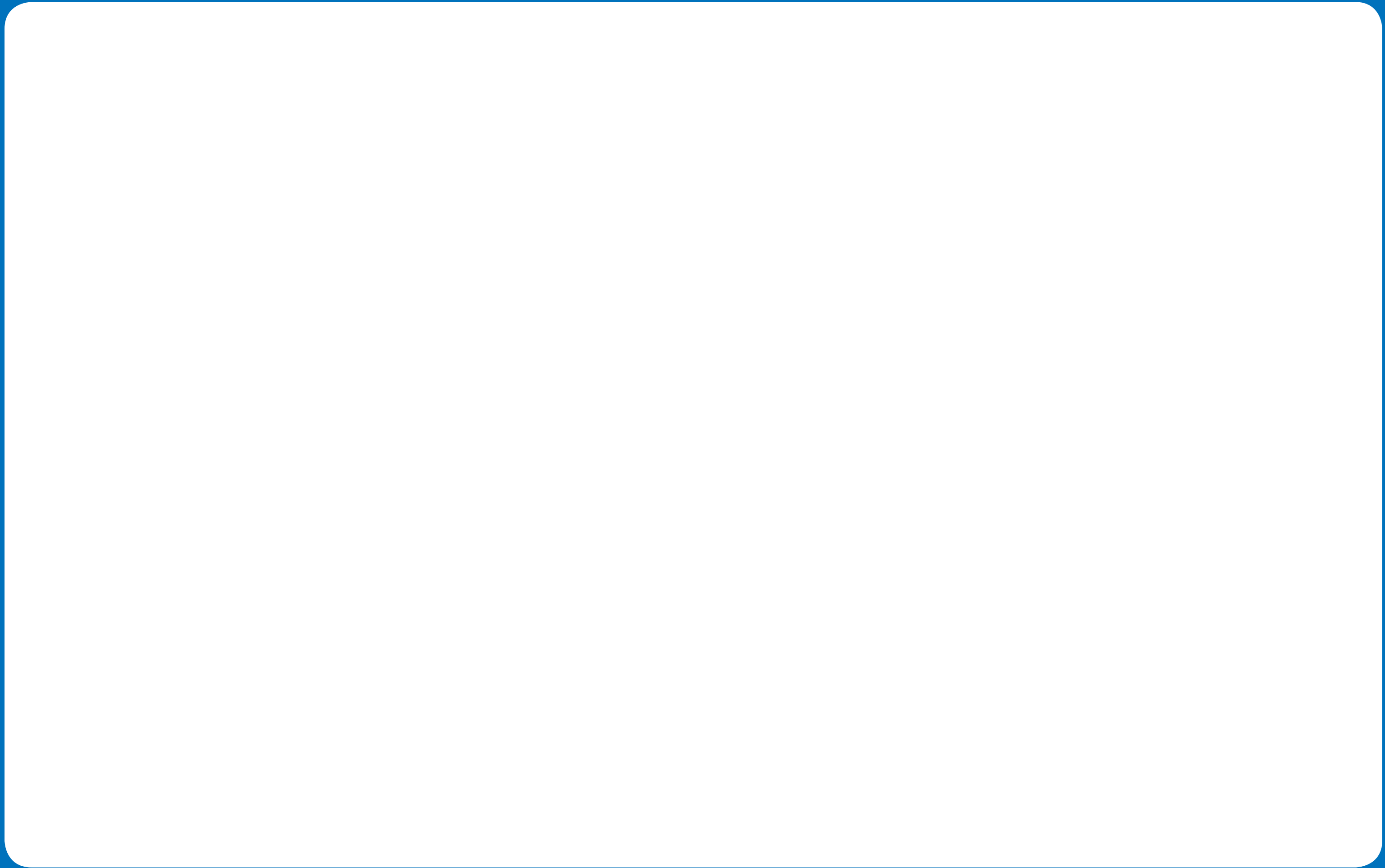
TwoDay Method

Condoms

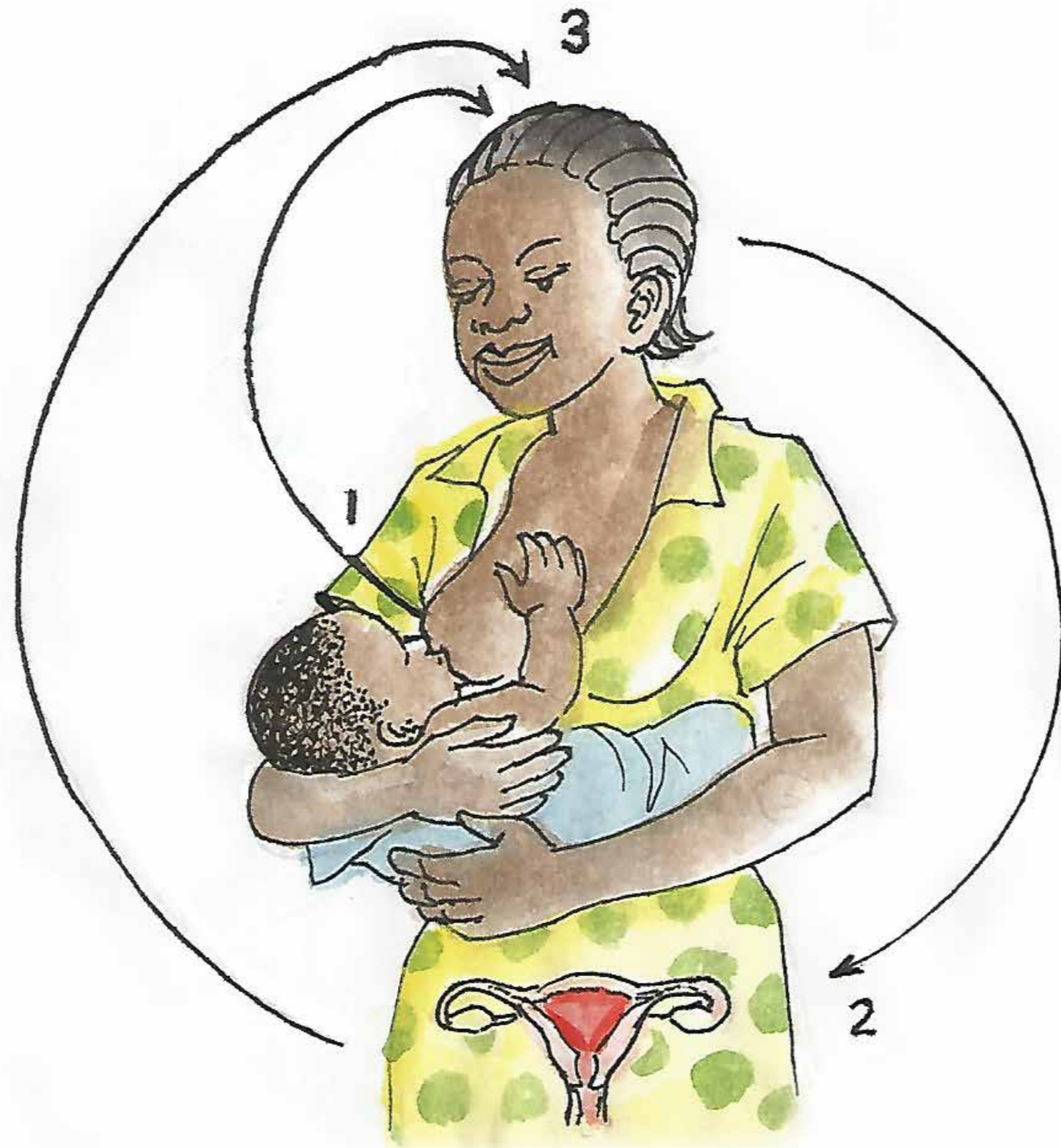


LAM, CycleBeads[®], TwoDay Method and Condoms





How LAM works



How LAM works



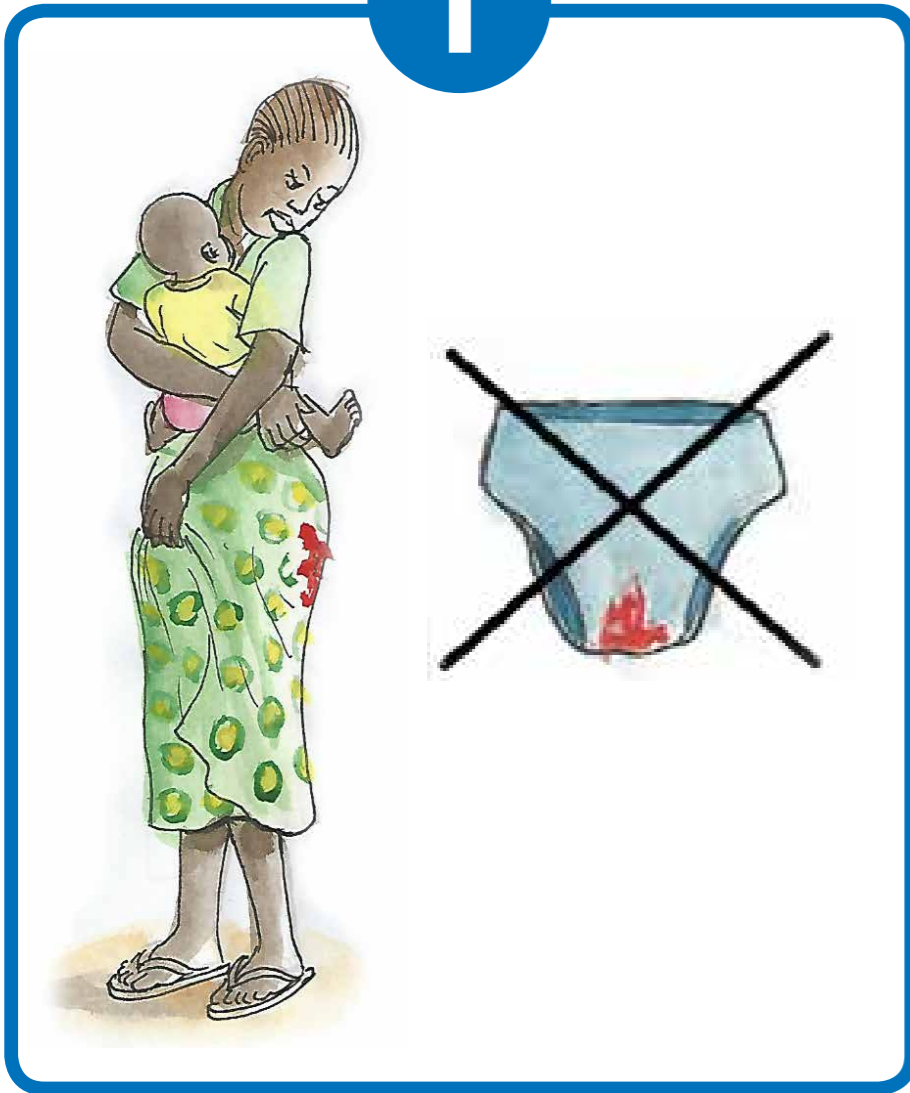
Frequent breast feeding stops the woman's egg from maturing and stops monthly bleeding.

- Baby's sucking on nipple sends a message to the brain to stop maturing eggs in the ovaries and to stop menstruation.
- This is a cycle of continuous communication between nipple, brain and ovaries.

- Feeding baby other foods, liquids or water will stop this communication. The same happens if the mother goes for more than 4 hours without breastfeeding baby on demand.
- If this communication is broken, the ovaries will ripen the egg and start again menstruation. The woman will again be fertile and can get pregnant.

LAM 3 conditions

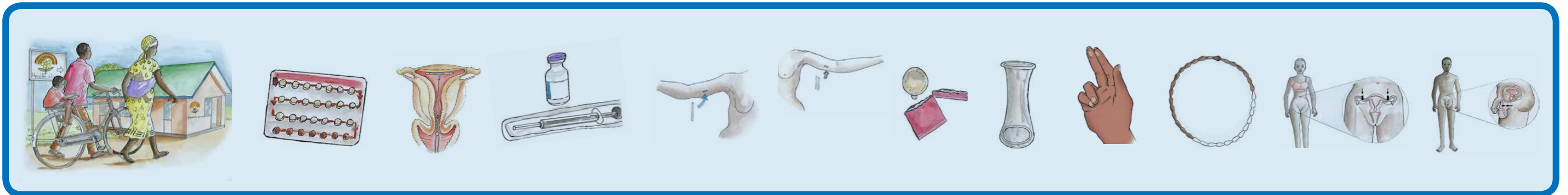
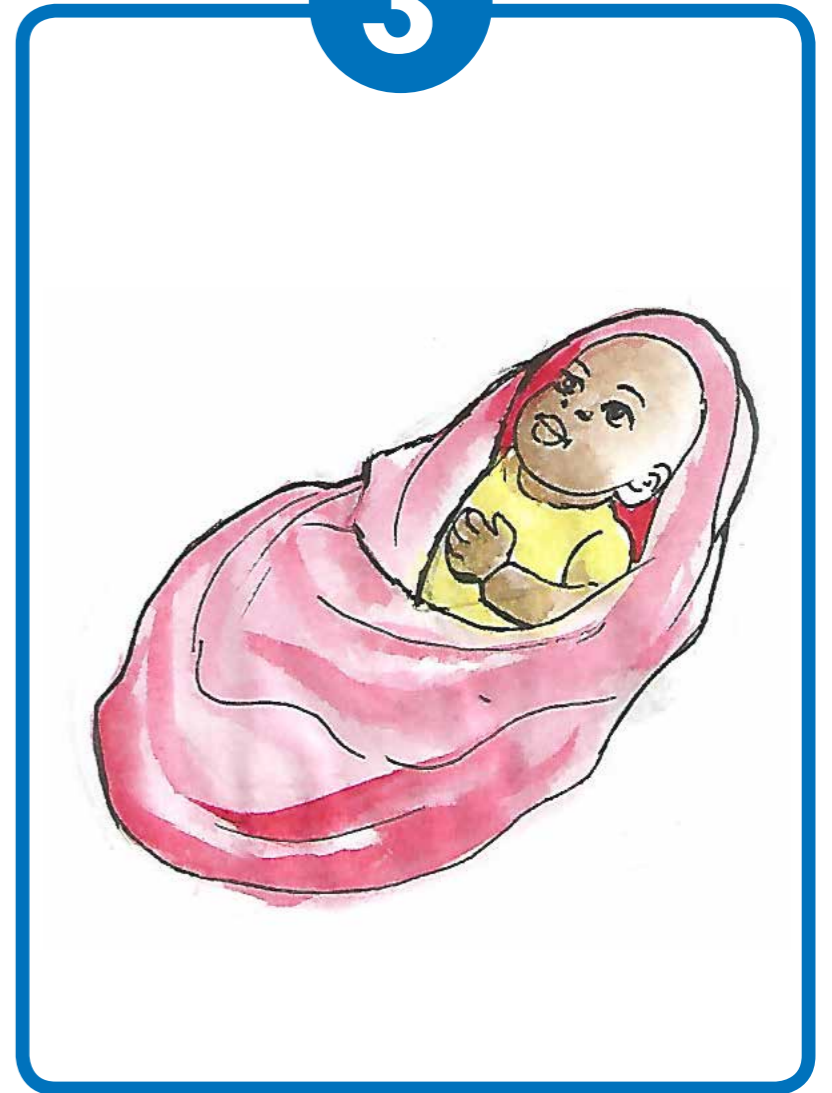
1



2



3



LAM 3 conditions

1



Monthly menstrual bleeding has not returned since your baby was born.

- When you begin menstrual bleeding you are fertile again. You can get pregnant even if you continue to breastfeed.

2



Mother only breastfeed the baby day and night and do not give any other food, water or liquids.

- When baby receives any food, water or other liquids besides breast milk, your baby will not nurse as often. This will cause you to be fertile again and get pregnant.

3

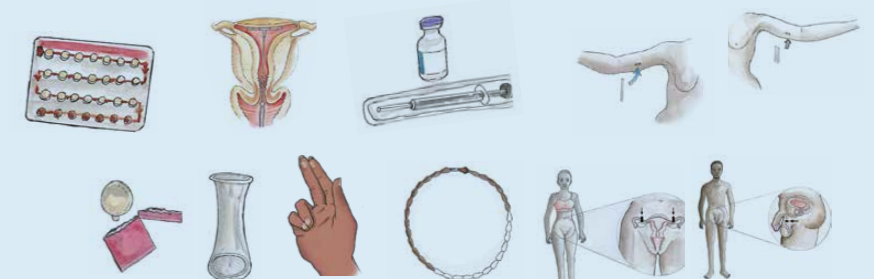


Baby is less than 6 months old

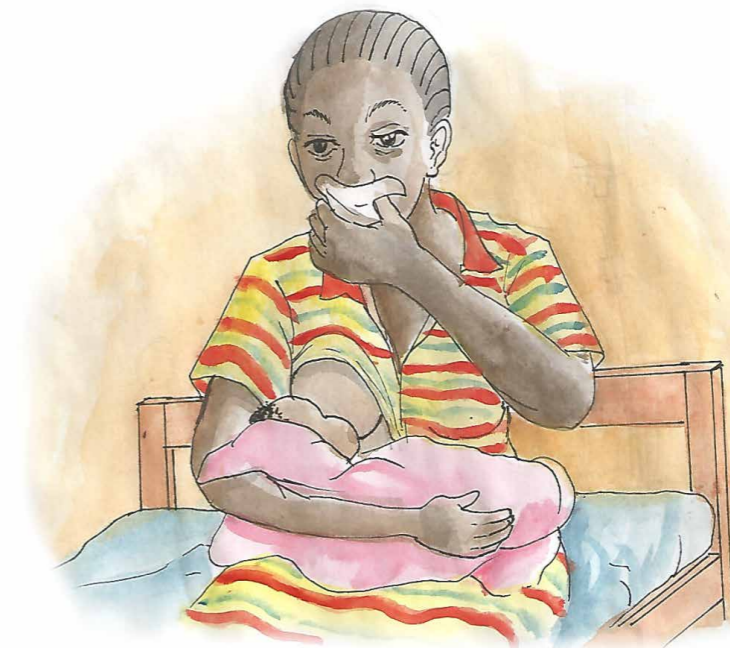
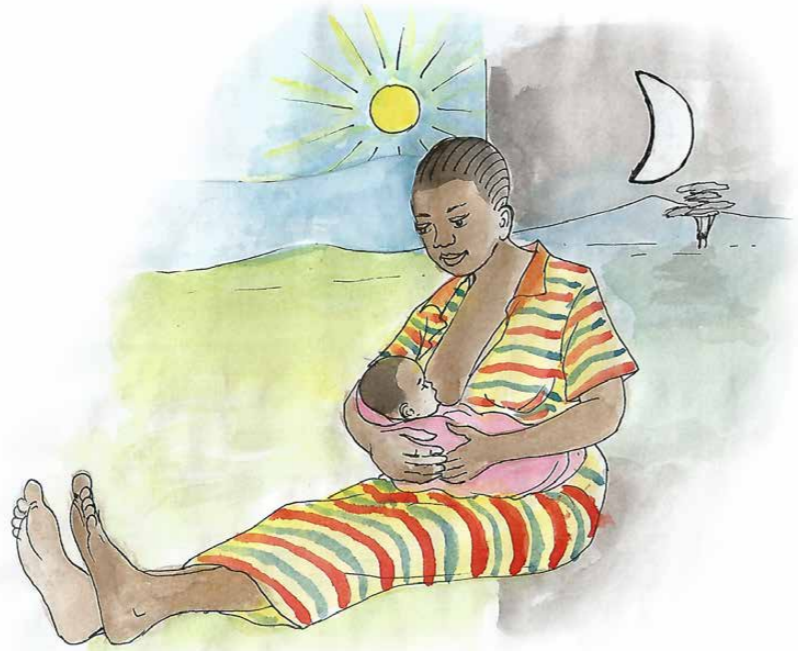
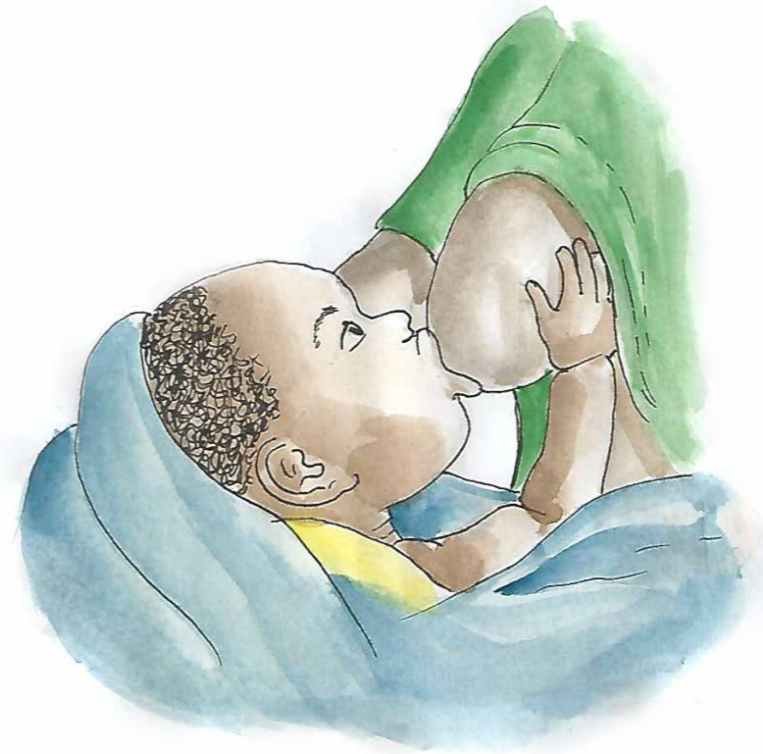
- When your baby turns 6 months old you may be fertile again. You can get pregnant, even if you continue to breastfeed.



When any of the 3 conditions changes, start another method immediately. Start thinking about which method to use once LAM is no longer protecting you from pregnancy. Talk to an FP provider about an appropriate method for you to use if you continue breastfeeding your baby.



Optimal breastfeeding practices



Optimal breastfeeding practices



Begin breastfeeding within the first hour of birth.

Hold baby skin-to-skin immediately after birth.

Feed baby colostrum or the “first milk”.

Breastmilk is all your baby needs to grow and be healthy for the first 6 months.



Ensure proper attachment of baby to breast

Baby's body should be straight with head slightly back.

Baby's mouth is open wide and large black portion of breast and nipple are inside baby's mouth.



Breastfeed even when you or your baby are sick.



Breastfeed on demand, day and night.

Breastfeed as often as your baby wants or every 2 to 4 hours.

Do not give any foods or other liquids (not even water), even when the baby is being watched by someone else.



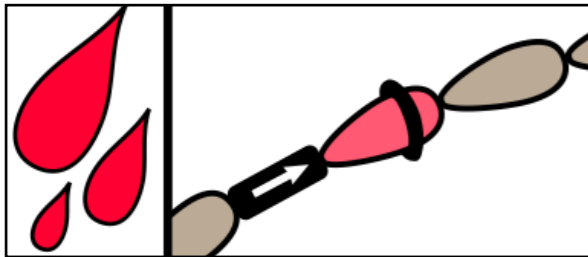
Begin introducing other foods in addition to breastmilk after 6 months.



CycleBeads[®]

- Helps you know what days during the month you could get pregnant
- To prevent pregnancy, either avoid sex OR use condoms on those days
- Can be used by women with regular monthly bleeding
- Couple must agree to use condoms or avoid sex on fertile days

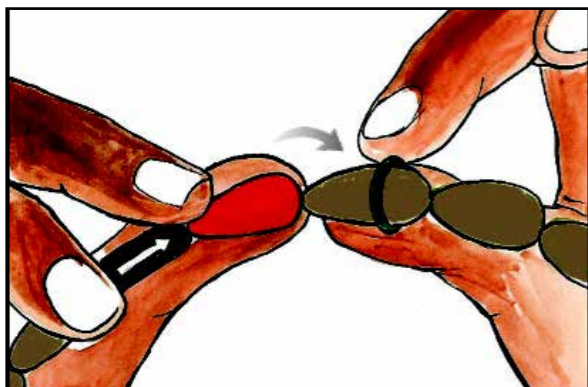
CycleBeads®



The day you get your period move the ring to the RED bead.

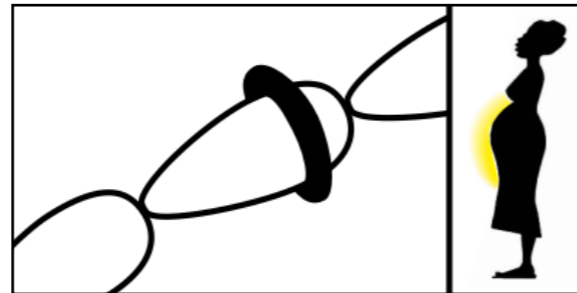


Also, mark that day on your calendar.

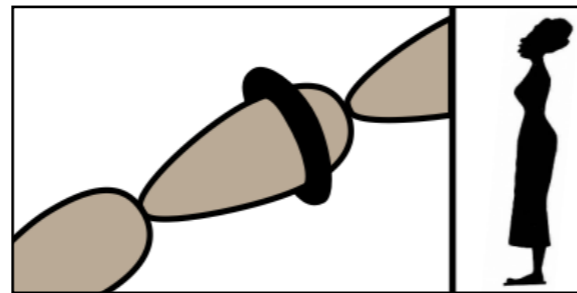


Move the ring one bead each day. Move it even on the days when you have your period.

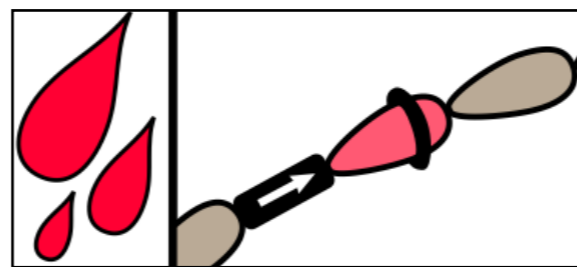
Always move in the direction of the arrow.



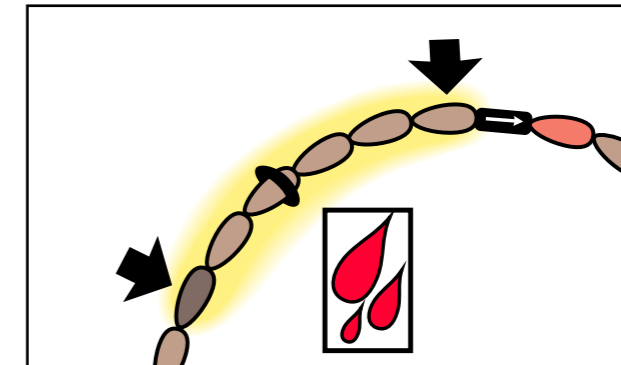
Abstain when the ring is on any WHITE bead if you do not want to become pregnant.



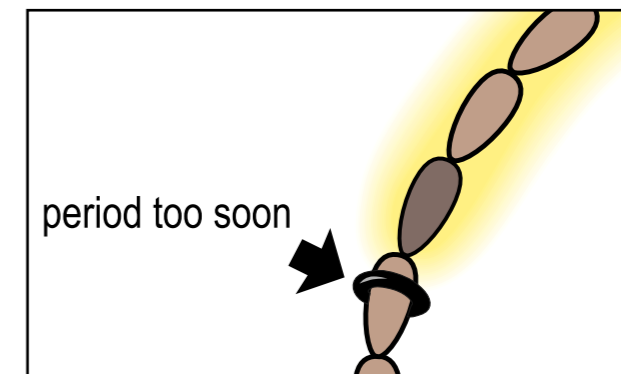
You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.



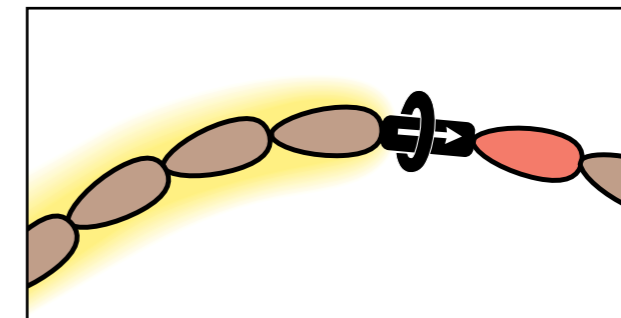
Move the ring to the RED bead again when your next period starts. Skip over any beads that are left.



To use CycleBeads, your period should start between the dark brown bead and the last brown bead.

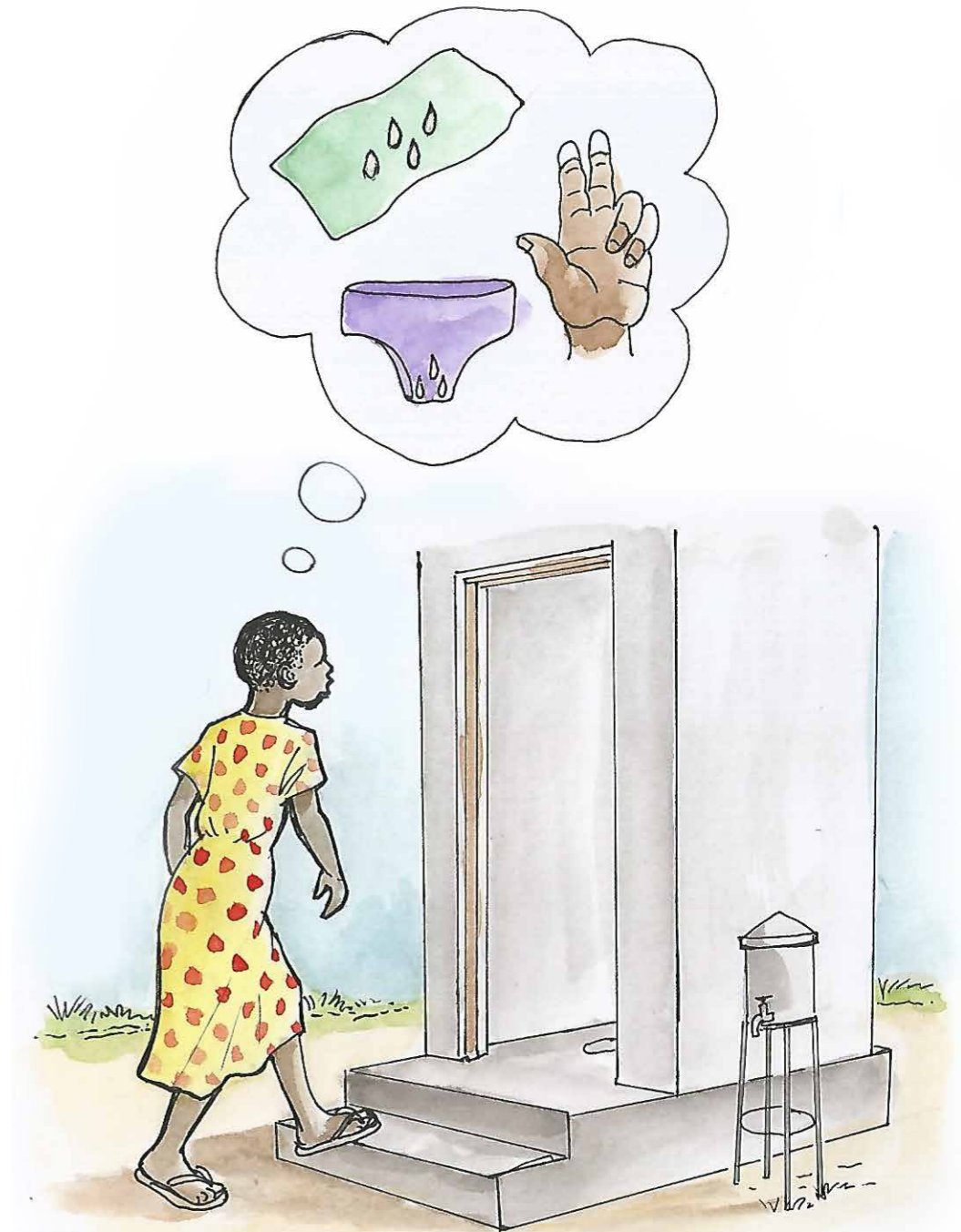
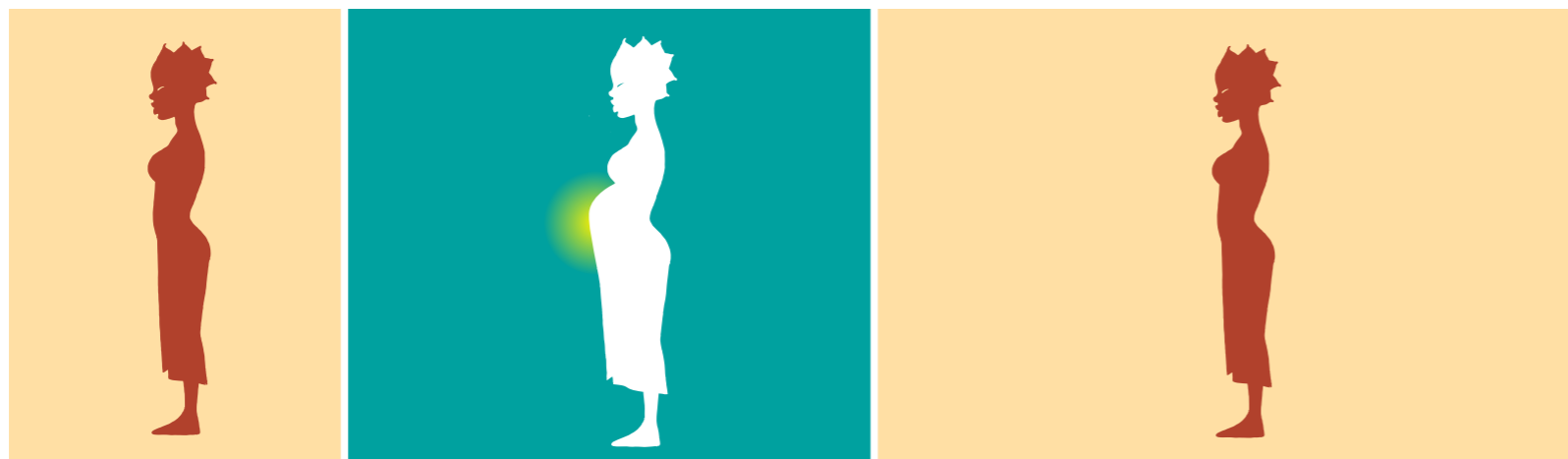


If your period starts before the dark brown bead, it has come too soon.



If your period has not started the day after the ring is on the last brown bead, it is too late.

TwoDay[®] Method



TwoDay[®] Method

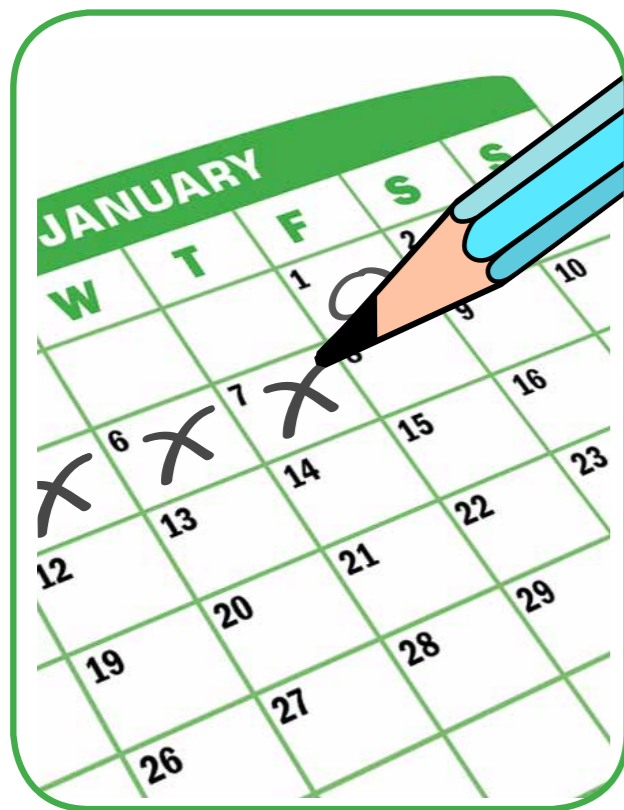
How secretions appear



- Secretions are a sign that your body is fertile. That means that you can become pregnant.
- After your period stops, you may have a few days without secretions.
- Then secretions appear in very small amounts. You must pay very close attention to see and feel them.
- As days go by, the amount of secretions increases and they are easier to see and feel.
- Once they start, secretions continue for several days in a row.
- After several days, the amount of secretions decreases until they disappear.
- Secretions are not always the same. As days go by, they look and feel different.
- ANY secretions indicate that you can get pregnant.
- When going to the bathroom check your secretions on paper, underwear or fingers.

TwoDay[®] Method

Marking secretions



Each day, mark one symbol:



Pregnancy

Yesterday	Today
4 X	5 X



Yesterday	Today
9 X	10 O



No pregnancy

Yesterday	Today
19 ●	20 ●



Yesterday	Today
26 ○	27 ○



TwoDay[®] Method

Marking secretions



How to record secretions

Mark every night what you saw or felt.



If you have secretions for less than 5 consecutive days, contact your community worker.

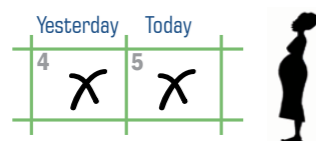
Each day, mark one symbol:

For bleeding (period) , mark 

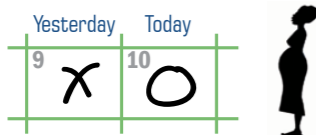
No secretions present , mark 

Secretions present , mark 

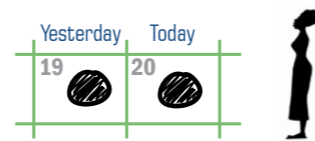
You are **fertile** on all days with secretions.



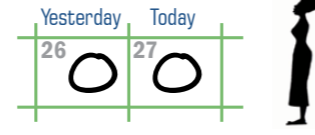
You are also **fertile** if you had secretions yesterday, even if you have no secretions today.



You are **not fertile** on bleeding (period) days.



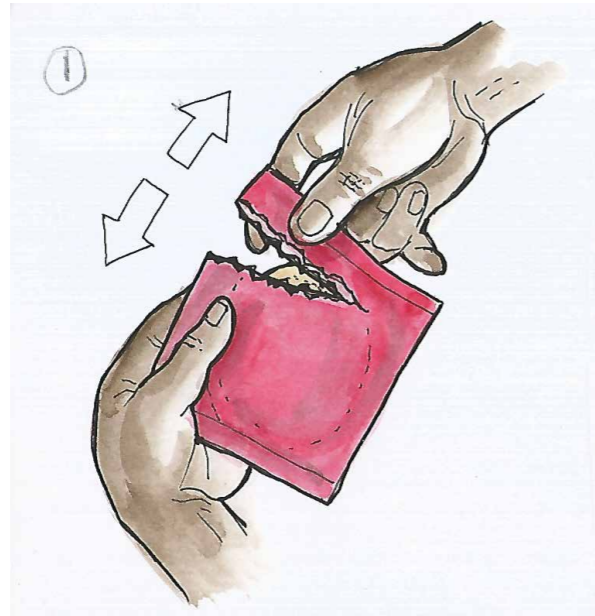
You are **not fertile** if you did not have secretions yesterday and do not have secretions today.



- Use the calendar to mark your secretions
- Check your secretions in the afternoon and evening.
- Every night before you go to bed mark the correct symbol on the calendar
- On the first day that you use this method, consider yourself fertile. Use condoms or avoid sex to prevent pregnancy from occurring.
- **Remember that you can get pregnant today if you had secretions today, or if you had secretions yesterday.**

How to use a Male Condom

1



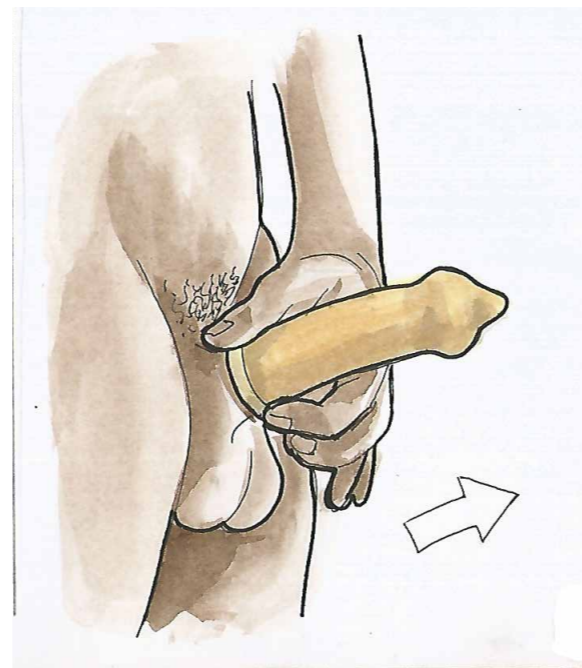
2



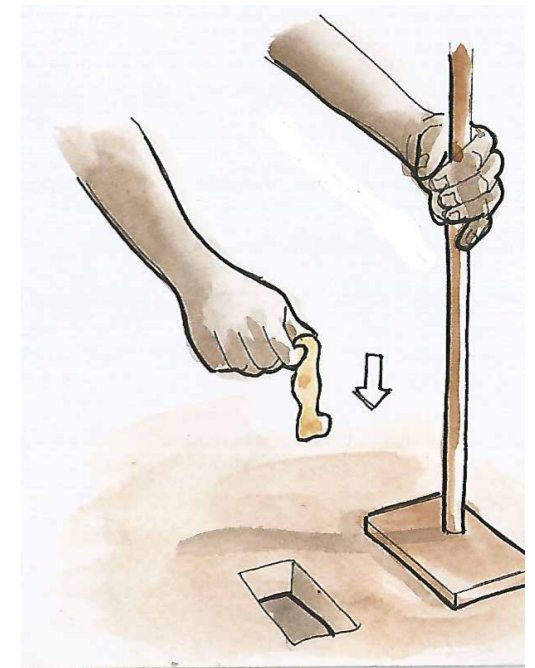
3



4

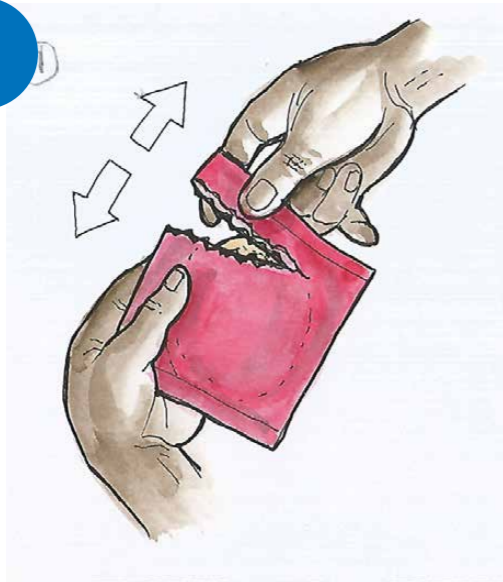


5



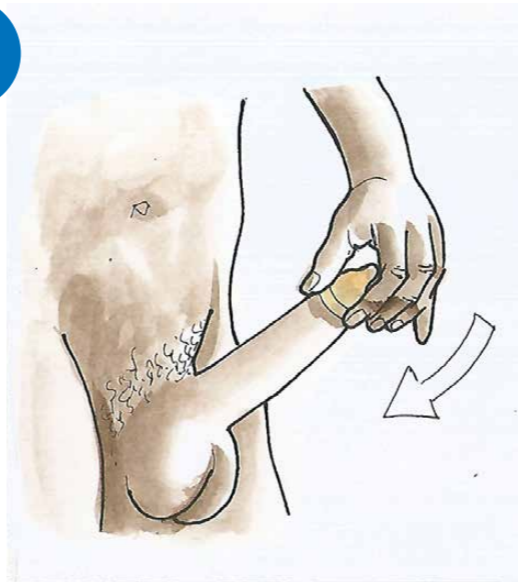
How to use a Male Condom

1



Use a new condom for each sex act.

2



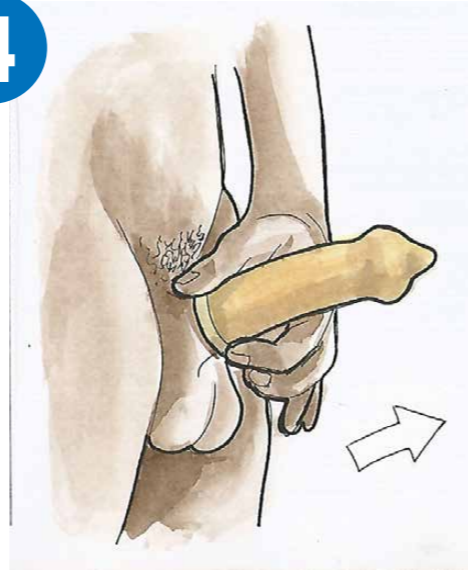
Before any contact place a condom on tip of erect penis **with rolled side out.**

3



Unroll condom all the way to base of penis.

4



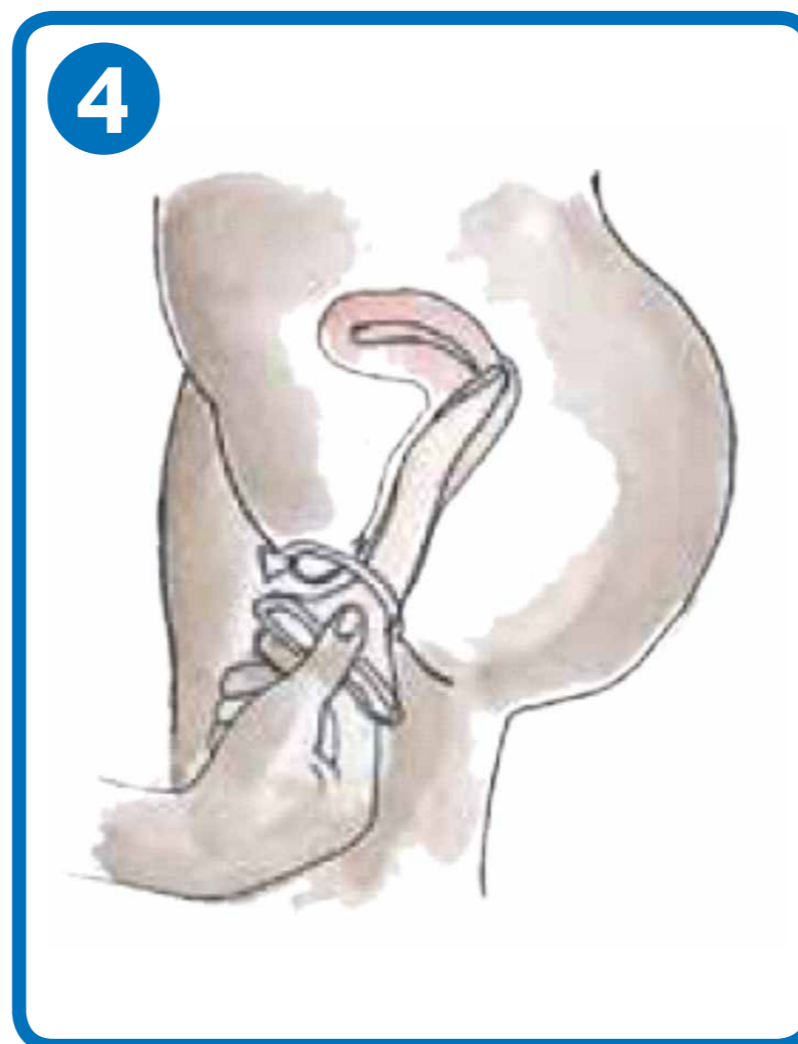
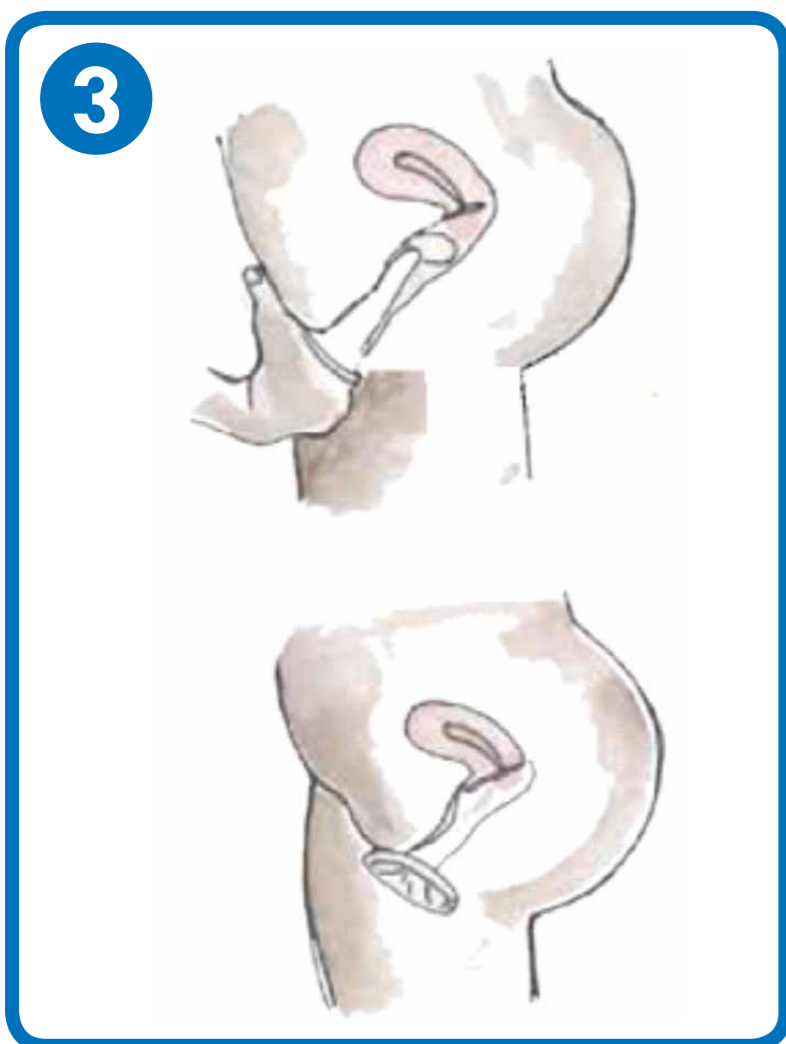
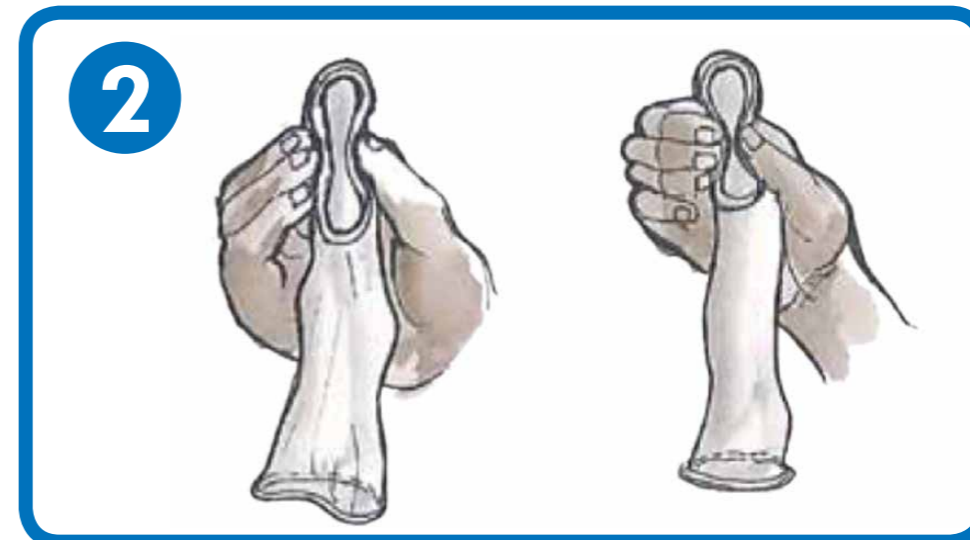
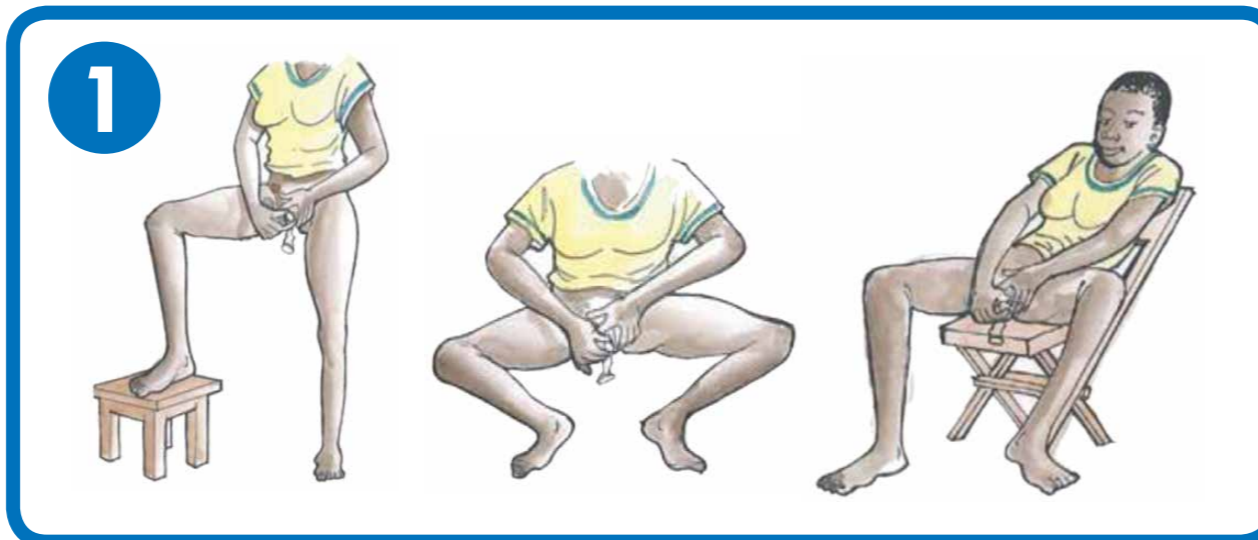
After ejaculation, hold rim of condom in place, and withdraw penis while it is still hard.

5

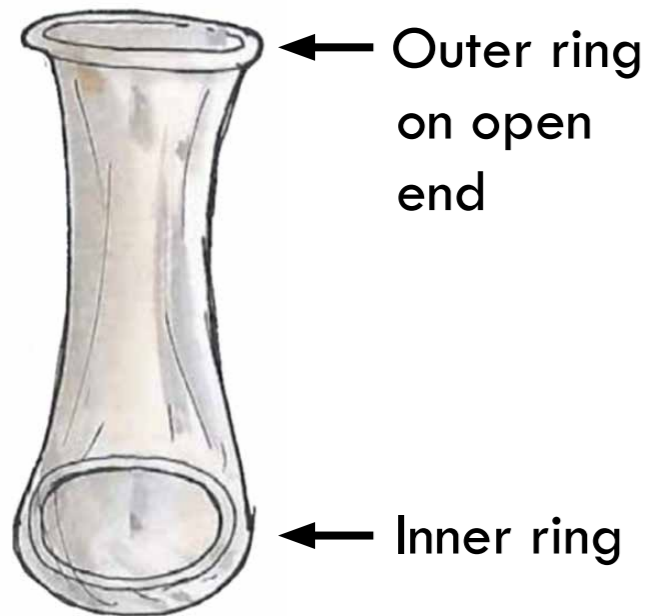


Use only once. Throw away used condom safely.

How to use a Female Condom



How to use a Female Condom

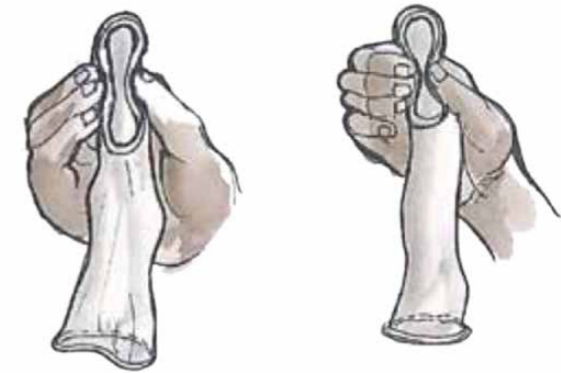


1



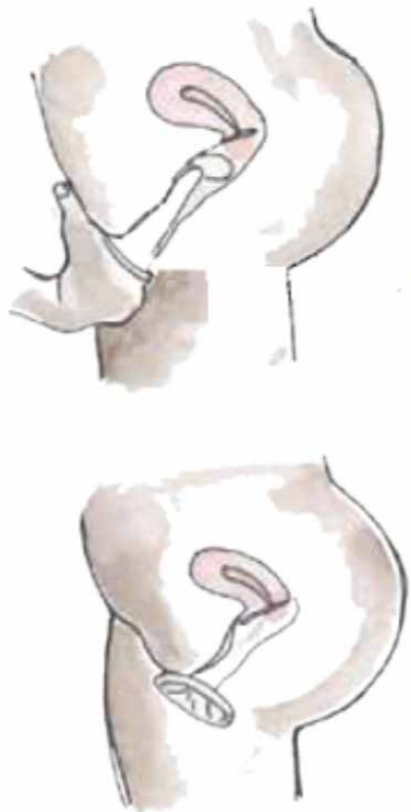
Choose a comfortable position.

2



Squeeze the inner ring, at the closed end.

3



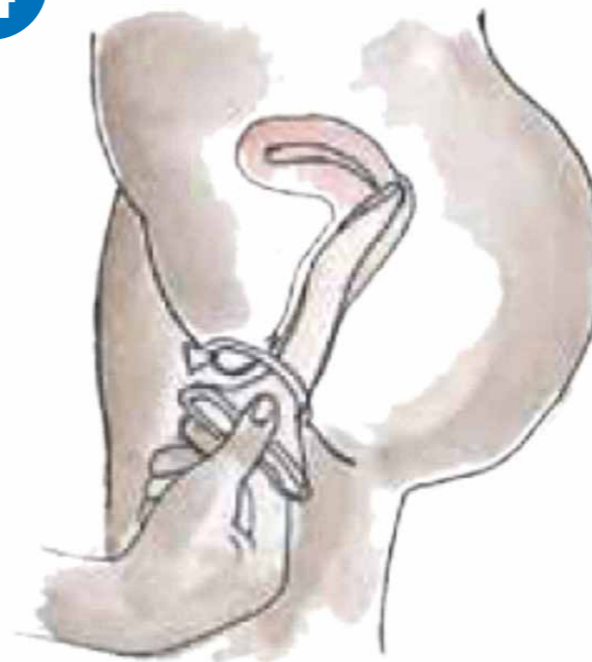
Gently insert the inner ring into the vagina.

Place the index finger inside condom, and push the inner ring up as far as it will go.

Make sure the outer ring is outside the vagina and the condom is not twisted.

Be sure that the penis enters inside the condom and stays inside it during intercourse.

4



To remove, twist outer ring and pull gently.

5



Throw away condom safely.

