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# CARE GROUP MODULE 4

## Family Planning Flip Charts

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For full citations of lessons adapted for SCOPE, see the accompanying Lesson Plan for Module 4: Family Planning.

# LESSON 1: OVERVIEW AND BENEFITS OF HEALTHY TIMING AND SPACING OF PREGNANCY

 <p><b>1. Game: Copy-Copy</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-8. Share the Meaning of Each Picture</b></p>
 <p><b>9. Activity: Agree or Disagree</b></p>	 <p><b>10. Discuss Barriers</b></p>	 <p><b>11. Practice &amp; Coaching</b></p>	 <p><b>12. Request Commitments</b></p>

## 3. Story: Wanting to Wait (Picture 1.1)

Barumwete has three children under four years of age and is worried about getting pregnant again. She wants to wait until she has gained new strength and has weaned her infant Mvuyekure. Her husband dreams of having many children. Barumwete agrees, but wants to delay new pregnancy. She is not sure what is the best timing for spacing children.

## 4. Ask about Current Practices (Picture 1.)

- ? What individual, family, or community problems have you seen that might relate to timing and spacing or pregnancies? Why do you think these problems occurred?
- ? Why might Barumwete want to delay her next pregnancy?
- ? What is the spacing between pregnancies that is most beneficial for mothers and for children?
- ? How do you and your husband feel about delaying pregnancies or limiting the number of children you will have? Is there anything you do to space your children or limit the number of pregnancies?

Let's compare your ideas with the messages on the following pages.

**Picture 1.1: Wanting to Wait (Story)**



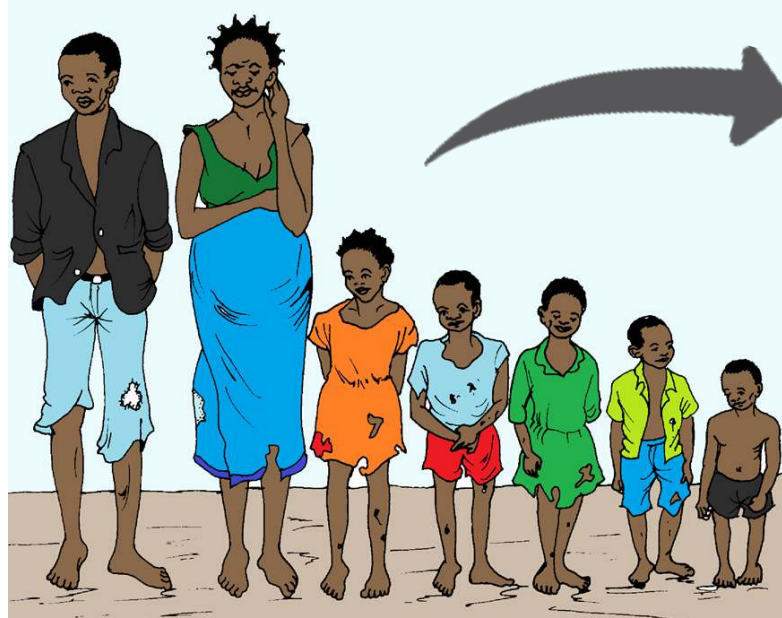
**What is the best timing for spacing children?**



## Picture 1.2: Overview of Healthy Timing and Spacing of Pregnancy (HTSP)



**Proper timing and spacing of pregnancies leads to safer pregnancies and healthier women, children, and families.**



**Healthy timing and spacing of pregnancy is important throughout a woman's life—starting from understanding the healthiest age for the first pregnancy to spacing future pregnancies.**

## 5. Share the Meaning of Each Picture: Overview of HTSP (Picture 1.2)

? What do you think these pictures mean?

**Proper timing and spacing of pregnancies leads to safer pregnancies and healthier women, children, and families.**

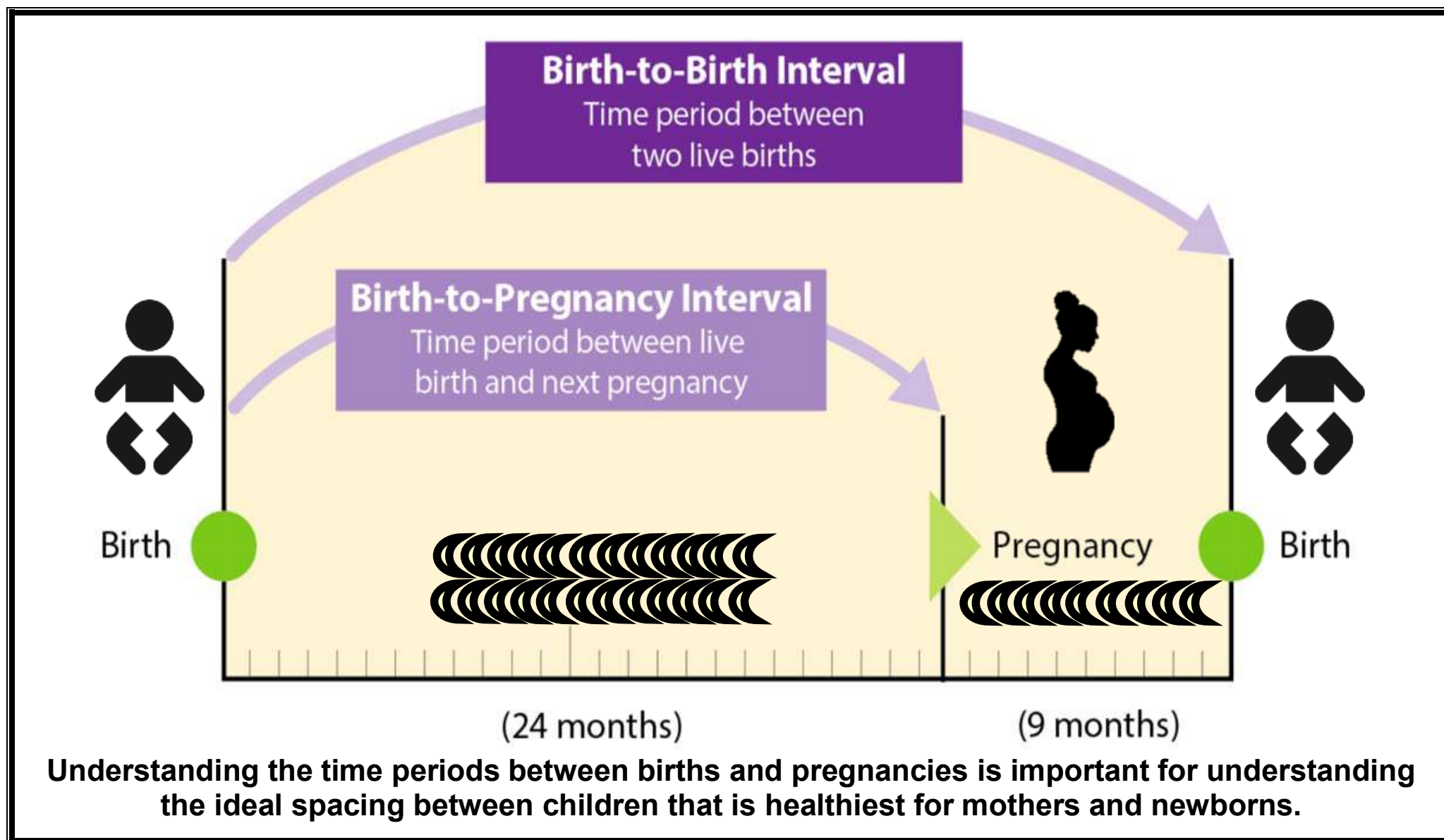
- These recommendations are referred to as “Healthy Timing and Spacing of Pregnancy (HTSP).”
- These steps support couples in achieving their desired family size and prevent risk for mothers, children, and families.

**Healthy timing and spacing of pregnancy is important throughout a woman’s life—starting from understanding the healthiest age for the first pregnancy to spacing future pregnancies.**

- HTSP guidelines include the ideal age of a woman’s first pregnancy; spacing subsequent pregnancies following a live birth, stillbirth, miscarriage, or induced abortion; and avoiding too many pregnancies or advanced maternal age.

? What are the consequences to a family when a woman becomes pregnant very young or because many pregnancies come very close together? Share why you think healthy timing and spacing of pregnancies may be important.

**Picture 1.3: Birth and Pregnancy Intervals**





## 6. Share the Meaning of Each Picture: Birth and Pregnancy Intervals (Picture 1.3)

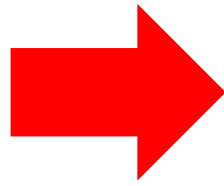
? What do you think these pictures mean?

**Understanding the time periods between births and pregnancies is important for understanding the ideal spacing between children that is healthiest for mothers and newborns.**

- **“Birth-to-Birth” is the distance of time between the birth of one child and the birth of the next child.**
- **“Birth-to-Pregnancy” is the distance of time between the birth one child and the start of the next pregnancy.**

? If you have two or more children, what is the birth-to-birth interval for your two oldest children?

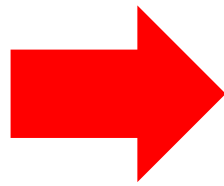
## Picture 1.4: HTSP Recommendations



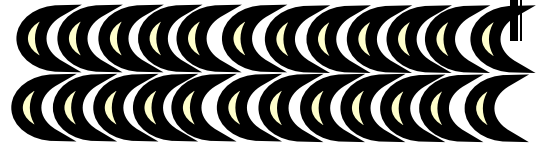
**18 years of age**



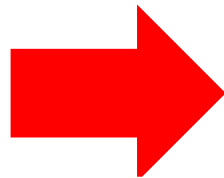
**Wait until age 18 before getting pregnant for the first time.**



**24 months**



**Delay new pregnancy for two years after each delivery.**



**Six months**



**If the baby dies in your belly (miscarriage or other loss), wait 6 months before getting pregnant again to prevent poor outcomes for mother and baby.**

## 7. Share the Meaning of Each Picture: HTSP Recommendations (Picture 1.4)

? What do you think these pictures mean?

**Wait until age 18 before getting pregnant for the first time.**

- Women's undeveloped bodies are not ready for pregnancy or childbirth. It can be dangerous for women and their babies, leading to stillbirths and babies born too early.

**Delay new pregnancy for two years after each delivery.**

**If the baby dies in your belly (abortion or miscarriage), wait 6 months before getting pregnant again to prevent poor outcomes for mother and baby.**

- ? What cultural practices encourage new pregnancies?
- ? Do you think that it will be difficult to wait two years before getting pregnant after the birth of a child?

## Picture 1.5: Benefits of Healthy Timing and Spacing of Pregnancy (HTSP)



**Families that delay pregnancy for two years after each birth have healthy mothers and healthy children.**



**Women who become pregnant too soon are more likely to die during delivery and more likely to have children born too small or dead.**



**Care givers, communities and nations will thrive and succeed.**

## 8. Share the Meaning of Each Picture: Benefits of HTSP (Picture 1.5)

? What do you think these pictures mean?

**Families that delay pregnancy for two years after each birth have healthy mothers and healthy children.**

- Mothers have fewer troubles during pregnancy and delivery
- Children grow well and are sick less often
- Children can breastfeed for two years or more
- Families can give their children the attention and resources needed to grow and succeed.

**Women who become pregnant too soon are more likely to die during delivery**

- This mother suffered from weak blood
- Her body was not able to rest and recover after her last delivery
- She lost too much blood and died

**Women who become pregnant too soon are more likely to have children born too small or dead**

- This infant is too small
- He will have trouble surviving infancy
- His mother was not able to rest after her last child
- Her body had trouble giving the infant enough food

**Caregivers, communities and nations will thrive and succeed.**

- Pregnancy and the postpartum period place a heavy mental load on women and hormone changes can make mothers at risk for depression. Spacing pregnancies reduces the mental load mothers carry and allows hormones to return to normal states.
- Communities with healthier women and children have more opportunities and less poverty

? Have you seen mothers suffer because of pregnancies that have come too soon? Tell me about them.



## LESSON 2: DETERMINING YOUR FAMILY SIZE

 <p><b>1. Game: What we have in Common</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-8. Share the Meaning of Each Picture</b></p>
 <p><b>9. Activity: True or False</b></p>	 <p><b>10. Discuss Barriers</b></p>	 <p><b>11. Practice &amp; Coaching</b></p>	 <p><b>12. Request Commitments</b></p>

### 3. Story: Talking about Talking (Picture 2.1)

Rute and her sister were harvesting potatoes together. Rute had just given birth to her fourth child and was watching her three older children happily play with their cousins across the field. “I feel like our family is complete with our four healthy children,” Rute told her sister. “I am so thankful for our three girls and baby boy.”

“Are you and Mateyo planning to have more children in the future?” her sister asked? “We’ve never talked about it,” Rute shared. “I have never really considered having that discussion with Mateyo. I think he wants a larger family, so I am afraid to tell him that I feel content with our four children.”

“If you do not have an open discussion, Rute, the babies will keep coming,” her sister shared. “Chisomo and I have had to have many conversations about our hopes and desires for our family. We don’t always agree, but with practice, we have been able to each share our preferences in a safe way. Over time, we have learned to appreciate the other’s perspective and we both agreed on the number of children we would like to have. It gives me peace and joy to know that we would like to have three children we can love and care for. If you would like to start talking with Mateyo, I can share more about our experience.”

“I cannot imagine having those kind of conversations with Mateyo,” Rute replied, “but I would like to learn how!”

### 4. Ask about Current Practices (Picture 2.1)

- ?** What did Rute feel when she looked at her four children?
- ?** What was Rute’s response when asked by her sister about having more children?
- ?** Why would a couple want to discuss their ideal family size before having children?
- ?** Do you think you and your husband (or partner) could have an open discussion about your preferences on family size? Why or why not?

Let’s compare your ideas with the messages on the following pages.

**Picture 2.1: Talking about Talking (Story)**



**“If you do not have an open discussion, Rute, the babies will keep coming!”**

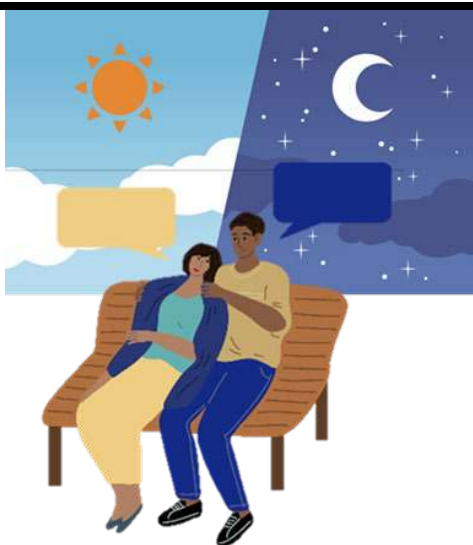
## Picture 2.2: Communicating about your Family Size



**Talking about their desired number of children can help couples make the best choice for the health and wellbeing of their family. Talk about your family's capacity and goals. Find a good time and place to talk as a couple.**



**Take turns sharing your thoughts about your hopes for your family and the desired size of your family.**



**Family desires and goals are complex discussions that will require multiple conversations.**

## 5. Share the Meaning of Each Picture: Finding a Safe Space to Talk (Picture 2.2)

? What do you think these pictures mean?

**Talking about their desired number of children can help couples make the best choice for the health and wellbeing of their family. Share with your partner your desire to talk about the future. Find a good time and place to talk as a couple.**

- It is important to communicate together and make a plan for your future
- Start by sharing with your partner that you would like to find some good times over the coming weeks to discuss important decisions about your family and future
- Find a quiet space alone with your partner where you will not be bothered by other people
- Find a time when you and your partner are not busy with other activities

**Take turns sharing your thoughts about your hopes for your family and the desired size of your family.**

- Talk clearly and calmly
- Listen to what your partner says and repeat what you hear them sharing, even if you have a different perspective
- After asking your husband's perspective, share your own desires and discuss the reasons you hold those views.
- Bring up specific points to discuss how many children you want in your family
  - Discuss the advantages and disadvantages of each family size
  - Discuss the good things about having children such as bringing joy and helping around the house and field
  - Discuss the hard things about having more children such as the cost of school fees and future weddings and sharing attention with many children
  - Discuss when you would like to be pregnant again and how far apart you want your children

**Family desires and goals are complex discussions that will require multiple conversations**

- It is common to need to revisit this conversation many times before coming to an agreement
- Both you and your partner may need time in between conversations to think more about what the other person shared
- At the end of a discussion, make a plan for when you will find another time to talk

? Have you had a discussion with your partner about your desired family size? Why or why not?

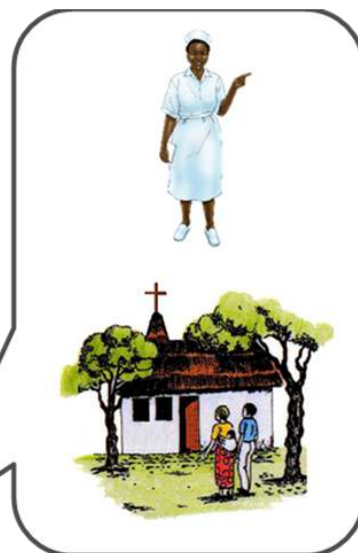
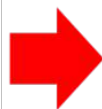
? What is the first step you could take in initiating a conversation with your partner?



**Picture 2.3: Communicating about your Family Size**



**The desired size of a family is the personal decision of each couple. Talk about your family's capacity and goals to determine your ideal family size.**



**If conflict arises, talk to someone you trust like a pastor, friend or neighbor, health worker or community leaders.**



## 6. Share the Meaning of Each Picture: Communicating about your Family Size (Picture 2.3)

? What do you think these pictures mean?

**The desired size of a family is the personal decision of each couple. Talk about your family's capacity and goals to determine your ideal family size.**

- The decision should be informed by trusted information
- Family planning can help you achieve when and how many children to have

### **Discuss family capacity:**

- How many children can we support?
- How many children do we have the physical resources—like money, food, housing, clothing—to support well?
- How many children can we send to school?
- How many children can we give needed time and attention to in order for each child to grow mentally and emotionally?

### **Discuss family goals:**

- What do we hope to provide for each child in terms of food, housing, and educational opportunities? How many children can we support so each one can realize those goals?
- What are our own desires for education and vocation? How will children impact those?

**If conflict arises, talk to someone you trust like a pastor, friend or neighbor, health worker or community leaders.**

- Sometimes couples disagree on what is best for the family
- Talk to someone that you both trust to help you come to an agreement

? Would you be willing to discuss these factors with your partner? Why or why not?

? Who could you talk to about delaying or preventing new pregnancies if you wanted more information or guidance?

**Picture 2.4: Factors in Determining Family Planning Methods**

The illustration depicts a couple in a rural setting discussing family planning. The woman is wearing a blue headscarf and a yellow patterned dress, while the man is in a blue shirt and pants. They are seated on a wooden bench. Surrounding them are various callouts representing different contraceptive methods: a blister pack of pills, a syringe, a condom, a woman using a calendar, and a woman using a condom. To the right, a nurse in a white uniform is shown with a syringe and pills. Above the couple are two calendar grids. The left grid shows a single day (17) marked with a red 'X'. The right grid shows all days from 1 to 30 marked with red 'X's.

- **Talk with your partner about the factors in determining family planning methods**
- **Effectiveness**—how well a method works when used correctly and consistently
- **Safety**—what are the risks
- **Side Effects**—how your body may react to the contraceptive
- **Short-acting or Long-acting**—how frequently do you want to manage your method of family planning
- **User-Dependency versus Independency**—how dependent the method is on the user

## 7. Share the Meaning of Each Picture: Communicating about your Family Size (Picture 2.4)

? What do you think these pictures mean?

### **Talking with your Partner about the Factors in Determining Family Planning Methods**

- After discussing your ideal family size with your partner, you can discuss the best family planning method together. There are many different family planning methods available through Community Health Workers and health centers and many factors to consider in determining which is the best choice.
- Based on a couple's desired family size, there are multiple factors couples should consider when deciding what method of family planning to use.
- Find a time and place with your partner to begin talking about family planning options and each of these considerations.

### **Effectiveness—how well a method works when used correctly and consistently**

- Consider common versus perfect use: some methods are more difficult to use correctly and consistently, which affects effectiveness and can lead to unintended pregnancy.
- The effectiveness, side effects, and personal preference for each method will vary from person to person. A health worker can help you make the best personal choice.

### **Safety—what are the risks**

- Modern methods of family planning are safe to use and have been well tested.
- Health risks are extremely rare. Health risks of pregnancy-related complications are much greater than any potential risk of contraception method.
- Understanding the common, non-harmful side effects (such as headaches or changes in bleeding) can help prevent fears and

misconceptions about contraception, such as the impact of contraception on future fertility or sexual desire.

### **Side Effects—how your body may react to the contraceptive**

- Non-harmful side effects are common from using contraceptive methods. Each woman's body is unique. Some women will experience side effects and others will not.
- Side effects are not a sign of illness. While they may be a nuisance, these side effects are almost never harmful and should not result in discontinuing the method unless a different method is initiated.

### **Short-acting or Long-acting—how frequently do you want to manage your method of family planning**

- Based on desired family size and the spacing we hope to achieve between children, do you want a method that provides protection from pregnancy for one act of sexual intercourse, one day at a time, one to several months at a time, or one to several years at a time

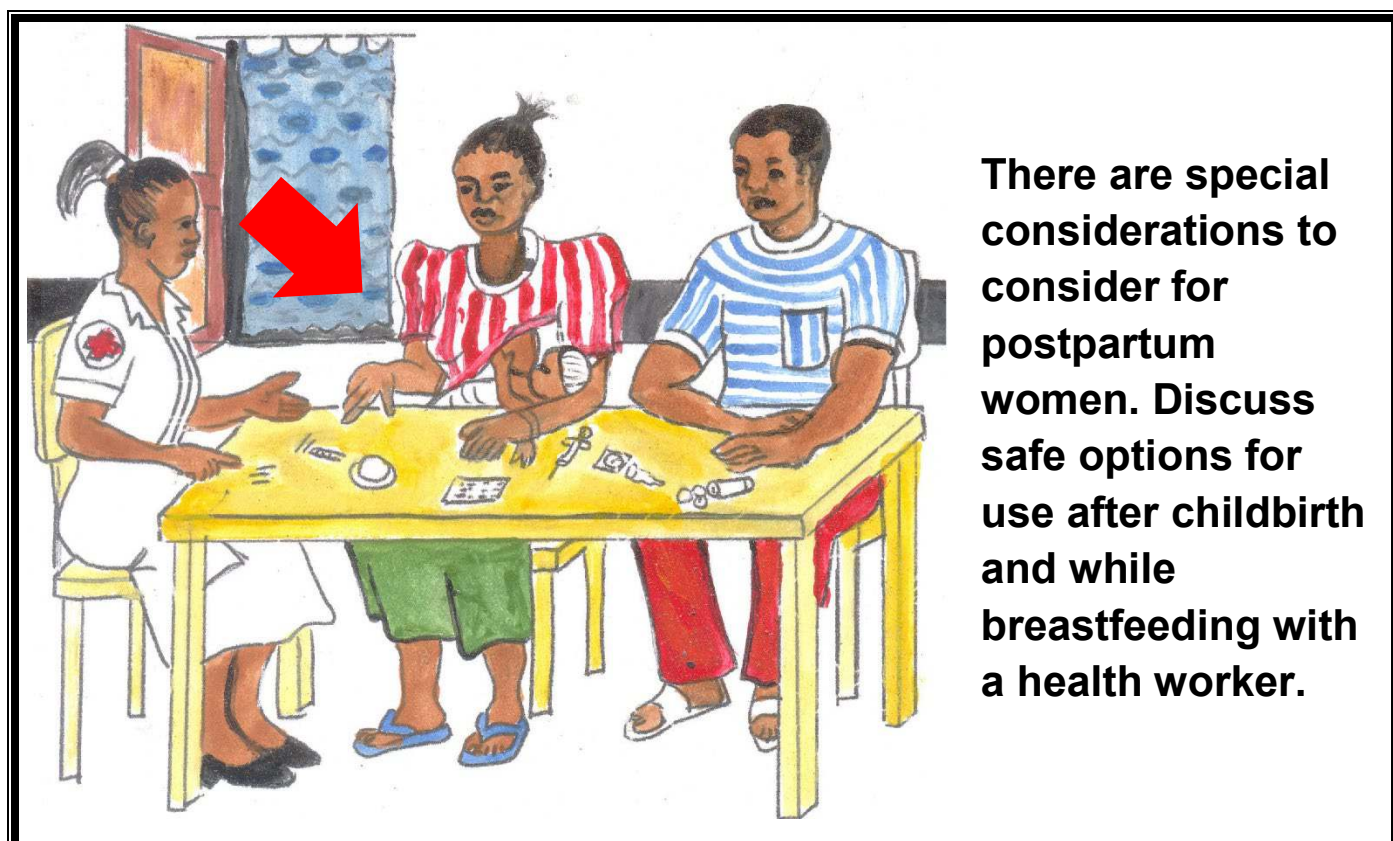
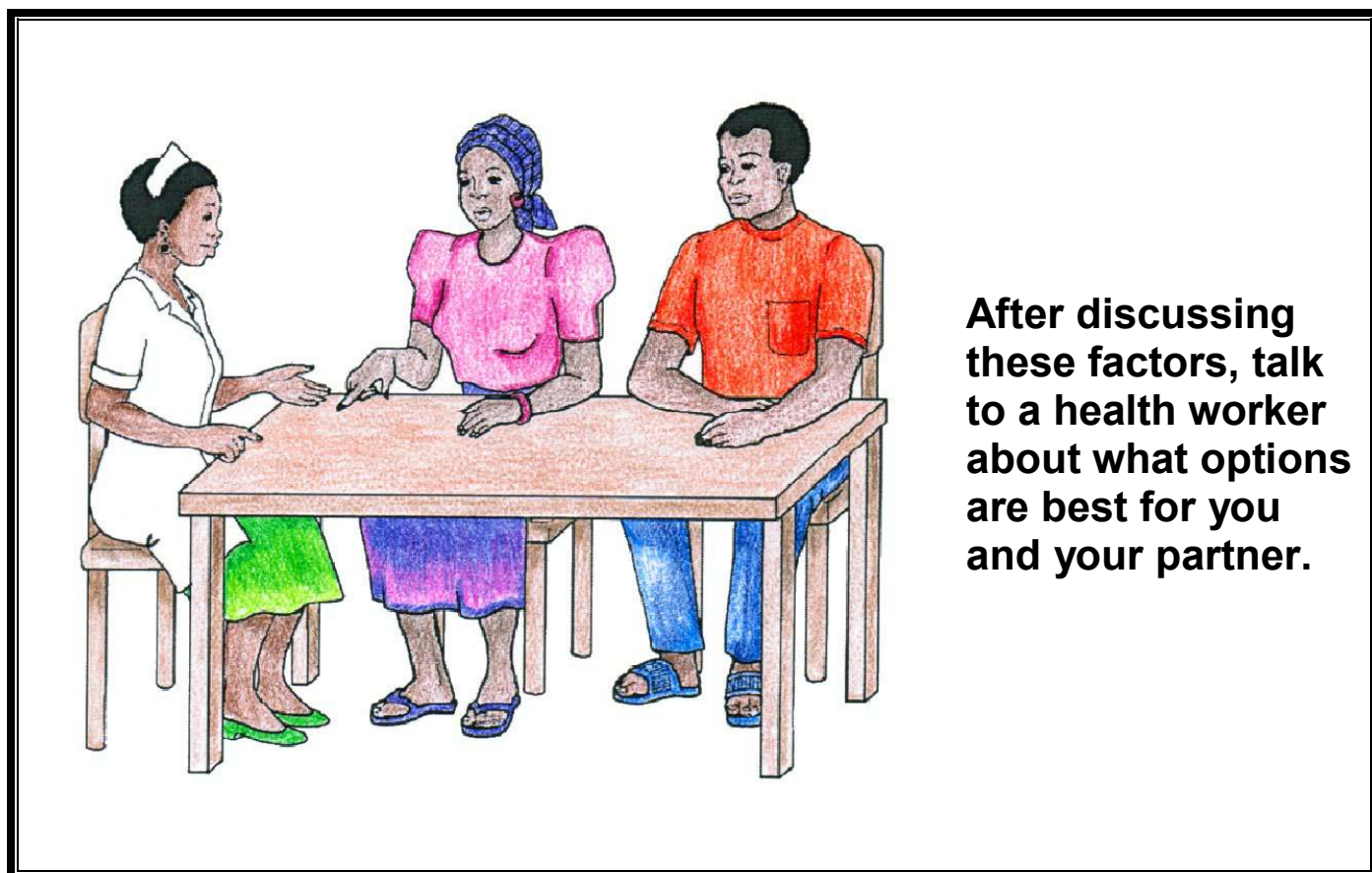
### **User-Dependency versus Independency—how dependent the method is on the user**

- Some family planning methods are controlled by the user (the man or woman using the method) such as the Standard Days Method, TwoDay Method, pills, condoms, or the lactation amenorrhea method (LAM). These methods give the user control over when using these methods in the privacy of their own home.
- Other methods are administered by a provider, such as injectables, IUD, implants, female tubal ligation, and male vasectomy. Some require a healthcare provider to both place and remove the device (implants and IUD). These are methods last longer than those controlled by the user in the home and do not require regular attention.

**?** Which of these factors are most important to you?



**Picture 2.5 Talking with a Health Worker**





## 8. Share the Meaning of Each Picture: Talking with a Health Worker (Picture 2.5)

- ? What do you think these pictures mean?
- ? Where can you go to seek family planning information or services?

**After discussing these factors, talk to a health worker about what options are best for you and your partner.**

- Discuss the options that are available at the health center.
- Discuss the advantages and disadvantages of each option, including the effectiveness in preventing pregnancy as well as personal preferences. Remember that some methods are more reliable than others.
- Discuss the options that will help you and your partner achieve healthy timing and spacing of pregnancy recommendations:
  - After a live birth, wait at least 24 months before attempting the next pregnancy.
  - After a miscarriage or loss of a child in pregnancy, wait at least 6 months before attempting the next pregnancy.
  - Women should try to delay their first pregnancy until at least age 18.

**There are special considerations to consider for postpartum women. Discuss safe options for use after childbirth and while breastfeeding with a health worker.**

- Many safe contraceptive methods are available for the breastfeeding mother. Immediately after birth, couples can use:
  - Lactational Amenorrhea Method (LAM)
  - Condom
  - Intrauterine Device
  - Male vasectomy
  - Female tubal ligation
- After six weeks postpartum, mothers can use:
  - Hormone injections (e.g., Depo-Provera)
  - Hormone implants
  - Progestin-only pills
- Together, choose the option which is most comfortable for you both.

- ? What health worker could you and your partner consult when deciding what family planning option is best?

## LESSON 3: FERTILITY AWARENESS METHODS

 <p><b>1. Game: Family Count</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-7. Share the Meaning of Each Picture</b></p>
 <p><b>8. Activity: Secretion Count</b></p>	 <p><b>9. Discuss Barriers</b></p>	 <p><b>10. Practice &amp; Coaching</b></p>	 <p><b>11. Request Commitments</b></p>

### 3. Story: Worth It (Picture 3.1)

A group of men meet together and learn about a new method to delay pregnancy. The speaker says, “It does not require money or medicine. However, you must avoid sex or use a condom with your spouse for two weeks each month.” Some men laugh. Others shake their heads. One man says, “That is not possible!”

A man stands and says, “Every year my wife has become pregnant and given birth. We have six children and now it is difficult to give them each the food, education, and attention they need. I wish we had talked about how many children we want to have. My wife is now too weak and sick to care for herself or our children. To save her life and make the best choice for our family, I am going to try this new method. It is worth it!”

### 4. Ask about Current Practices (Picture 3.1)

- ?** How did the men react to this new method? Why?
- ?** Why did the man in the second picture decide to try the new method?
- ?** Why would a couple want to discuss their ideal family size before having children?
- ?** Do you think you and your husband (or partner) would use a method of family planning? Why or why not?

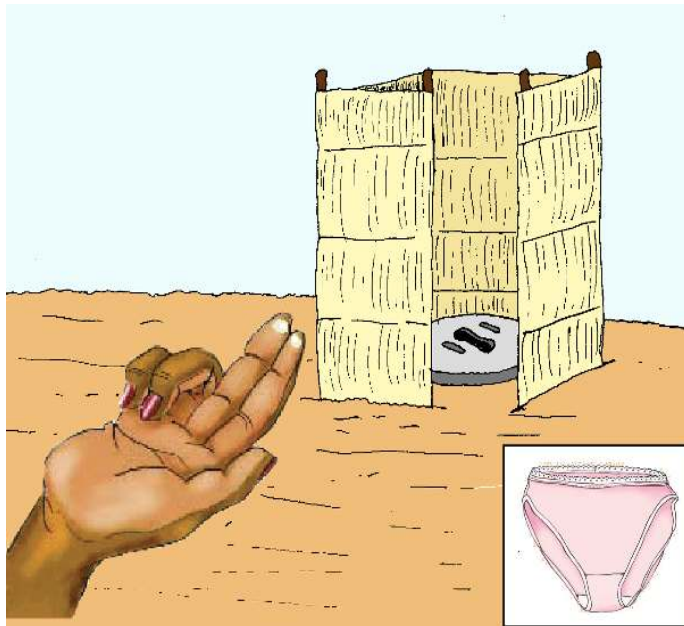
Let’s compare your ideas with the messages on the following pages

**Picture 3.1: Worth It (Story)**

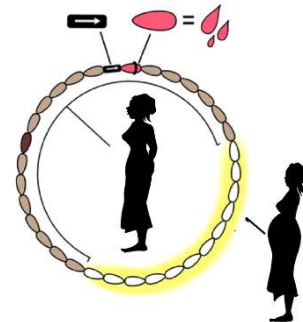


**“To save her life and make the best choice for our family, I am going to try this new method. It is worth it!”**

## Picture 3.2: Fertility Awareness and Calendar-Based Family Planning Methods



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



**Fertility awareness family planning methods track the days a woman can become pregnant using a calendar or a woman's body symptoms.**



**Natural family planning methods are effective when followed closely. Couples commit to working together.**



## 5. Share the Meaning of Each Picture: Fertility Awareness and Calendar-Based Family Planning Methods (Picture 3.2)

? What do you think these pictures mean?

One way to delay or space pregnancy is to use fertility awareness or calendar-based family planning methods. These methods do not require a health worker or health facility.

**Fertility awareness family planning methods track the days a woman can become pregnant using a calendar or a woman's body symptoms.**

- "Fertility awareness" means that a woman and her partner know how to tell when the fertile time of her monthly bleeding starts and ends. This is the time when she can become pregnant. The couple prevents pregnancy by avoiding unprotected vaginal sex during these fertile days—usually by abstaining or by using condoms.
- Calendar-based methods involve keeping track of these days on a calendar. Symptoms-based methods depend on observing the body's signs of when pregnancy is possible (cervical secretions, body temperature).
- Even if a modern method of family planning is used, understanding fertility is important to understanding a woman's natural cycles and how pregnancy occurs.

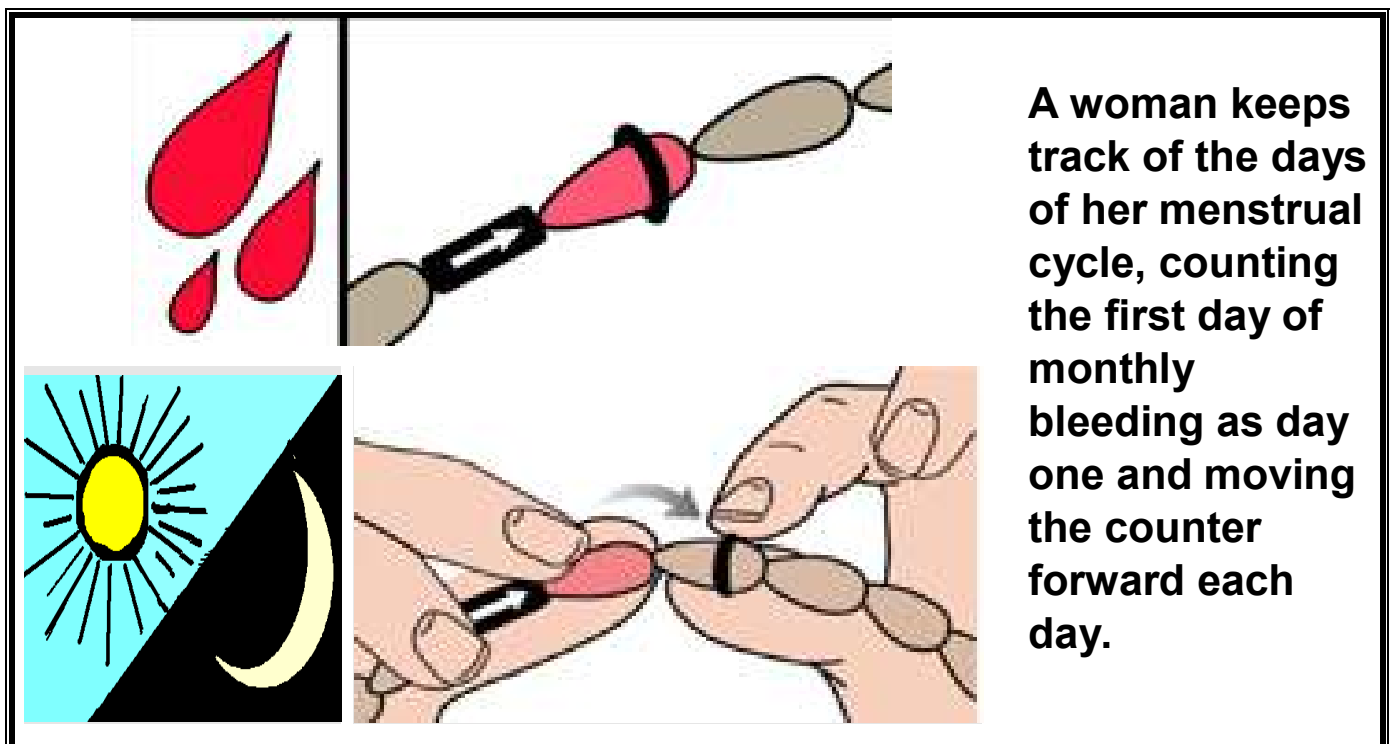
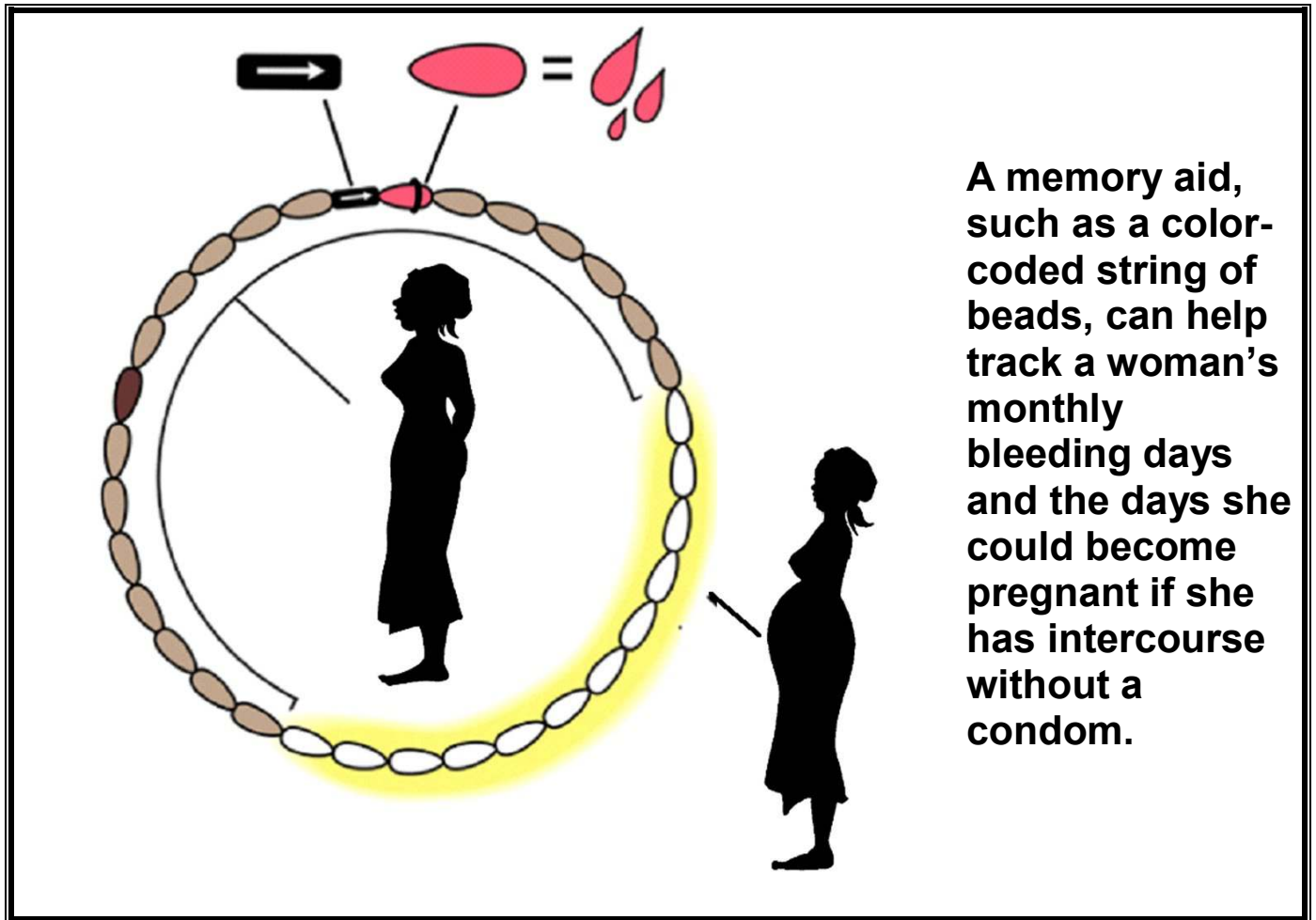
**Natural family planning methods are effective when followed closely. Couples commit to working together.**

- Effectiveness depends on close tracking and following of method. Risk of pregnancy is greatest when couples have sex on the fertile days without using another method.
- Fertility awareness methods require partners' cooperation. Couples must be committed to abstaining or using another method on fertile days.

? What are the benefits of understanding your own fertility?



**Picture 3.3: Standard Days Method (Fertility Awareness Method)**



## 6. Share the Meaning of Each Picture: Standard Days Method (Picture 3.3)

? What do you think these pictures mean?

**A memory aid, such as a color-coded string of beads, can help track a woman's monthly bleeding days and the days she could become pregnant if she has intercourse without a condom.**

- "CycleBeads" are pre-made rings of beads; similar strings of beads can be homemade or marking a calendar can be used as a memory aid.
- A woman can use this method if most of her menstrual (monthly bleeding) cycles are 26 to 32 days long. If she has more than 2 longer or shorter cycles within a year, the method will be less effective and she may want to choose another method.

**A woman keeps track of the days of her menstrual cycle, counting the first day of monthly bleeding as day one and moving the counter forward each day.**

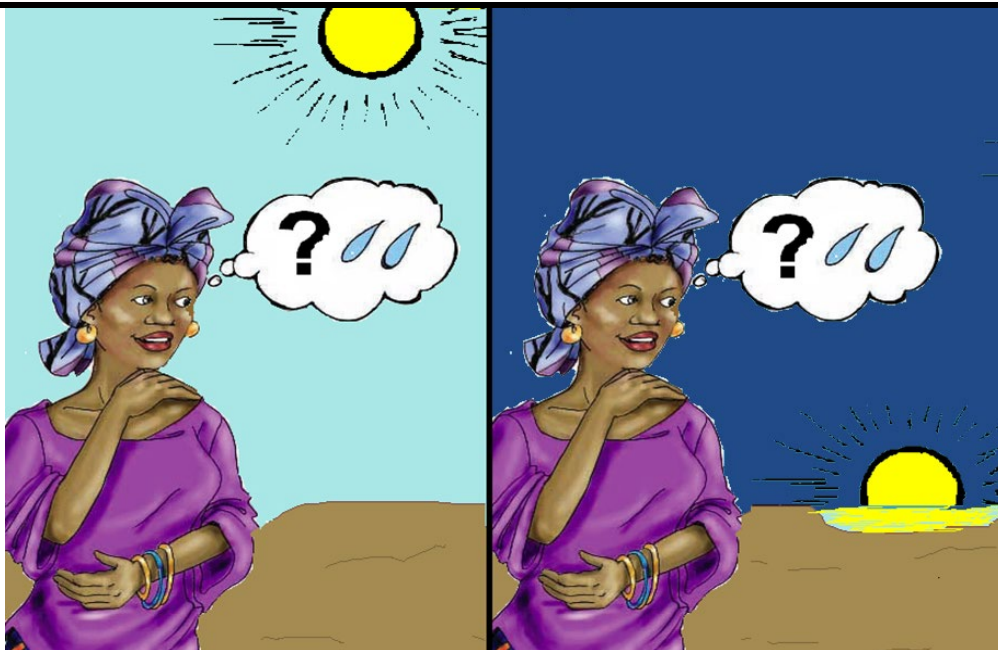
- Avoid sex or use a condom on days 8–19, the days a woman could become pregnant
- The couple can have unprotected sex on all the other days of the cycle—days 1 through 7 at the beginning of the cycle and from day 20 until her next monthly bleeding begins.

? Would you be willing to try this method to delay pregnancy or discuss it further with your partner? Why or why not?

**Picture 3.4: Two Day Method**



**Each month a woman has some non-bleeding secretions in addition to her regular time of bleeding. Checking for these secretions can help couples know the days they can become pregnant.**



**Women using this method will look for secretions twice each day, once in the afternoon and once in the evening. New pregnancy is possible today if you had non-bloody secretions today or yesterday. New pregnancy is not possible today if you had no secretions today or yesterday. To delay new pregnancy, you and your partner must agree to use a condom or avoid sex on days when new pregnancy is possible.**

## 7. Share the Meaning of Each Picture: TwoDay Method (Picture 3.4)

? What do you think these pictures mean?

**Each month a woman has some non-bleeding secretions in addition to her regular time of bleeding. Checking for these secretions can help couples know the days they can become pregnant.**

- After a woman urinates, she can use two clean fingers to gently wipe her vagina to check for mucous-like secretions. These often feel slightly sticky and are clear or white in color.
- Women may mark secretions (non-bloody, wet feeling from the vagina) on a calendar, use two rocks, or develop another method to remember today's and yesterday's secretions.
- The support of a woman's partner is important for success of this method. He can help her track secretions and be ready to adjust sexual behavior when necessary to prevent pregnancy.

**Women using this method will look for secretions twice each day, once in the afternoon and once in the evening.**

**New pregnancy is possible today if you had non-bloody secretions today or yesterday.**

**New pregnancy is not possible today if you had no secretions today or yesterday.**

**To delay new pregnancy, you and your partner must agree to use a condom or avoid sex on days when new pregnancy is possible.**

- This couple has agreed to delay new pregnancy in this way.

This method works if:

- Both partners agree to delay new pregnancy.
- Both partners agree to avoid sex or use a condom on days when new pregnancy is possible.
- The woman's bleeding has returned after childbirth for at least four months.
- The woman agrees to watch her secretions each day and inform her partner on days when new pregnancy is possible.
- They are not currently using another method to delay new pregnancy.

? What can women do to encourage their husbands to abstain from sex on days with secretions?

? If a couple wanted to get pregnant, how could they use this method to help them become pregnant?

## LESSON 4: LACTATION AMENORRHEA METHOD (LAM)

 <p><b>1. Game: Mother Says</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-6. Share the Meaning of Each Picture</b></p>
 <p><b>7. Activity: Does it Work?</b></p>	 <p><b>8. Discuss Barriers</b></p>	 <p><b>9. Practice &amp; Coaching</b></p>	 <p><b>10. Request Commitments</b></p>

### 3. Story: Fatima and her Baby Both Succeed (Picture 4.1)

Fatima is about to give birth to her second child. She and her husband want to plan ahead to ensure this child is healthy and strong and does not have to suffer from limited time, attention, food, and future resources that would come from having another baby soon after. Fatima's sister told her about the Lactation Amenorrhea Method that benefits the baby by exclusively providing her with nutrient-rich breastmilk for six months and benefits the mother and entire family by delaying pregnancy.

Fatima's husband wants to know more. "We just need to be mindful of the four things that make the Lactation Amenorrhea Method work," Fatima shared. "My monthly bleeding has not returned, our child is less than six months old, we never give other foods or liquids, and I breastfeed day and night whenever the baby shows signs of hunger." "This sounds like the best choice for us and our baby!" exclaimed her husband.

### 4. Ask about Current Practices (Picture 4.1)

- ?** What are Fatima and her husband's goals for their child and their family?
- ?** What are the advantages of the Lactation Amenorrhea Method for the baby? For the mother?
- ?** Would you consider this method of family planning postpartum? Why or why not?

Let's compare your ideas with the messages on the following pages

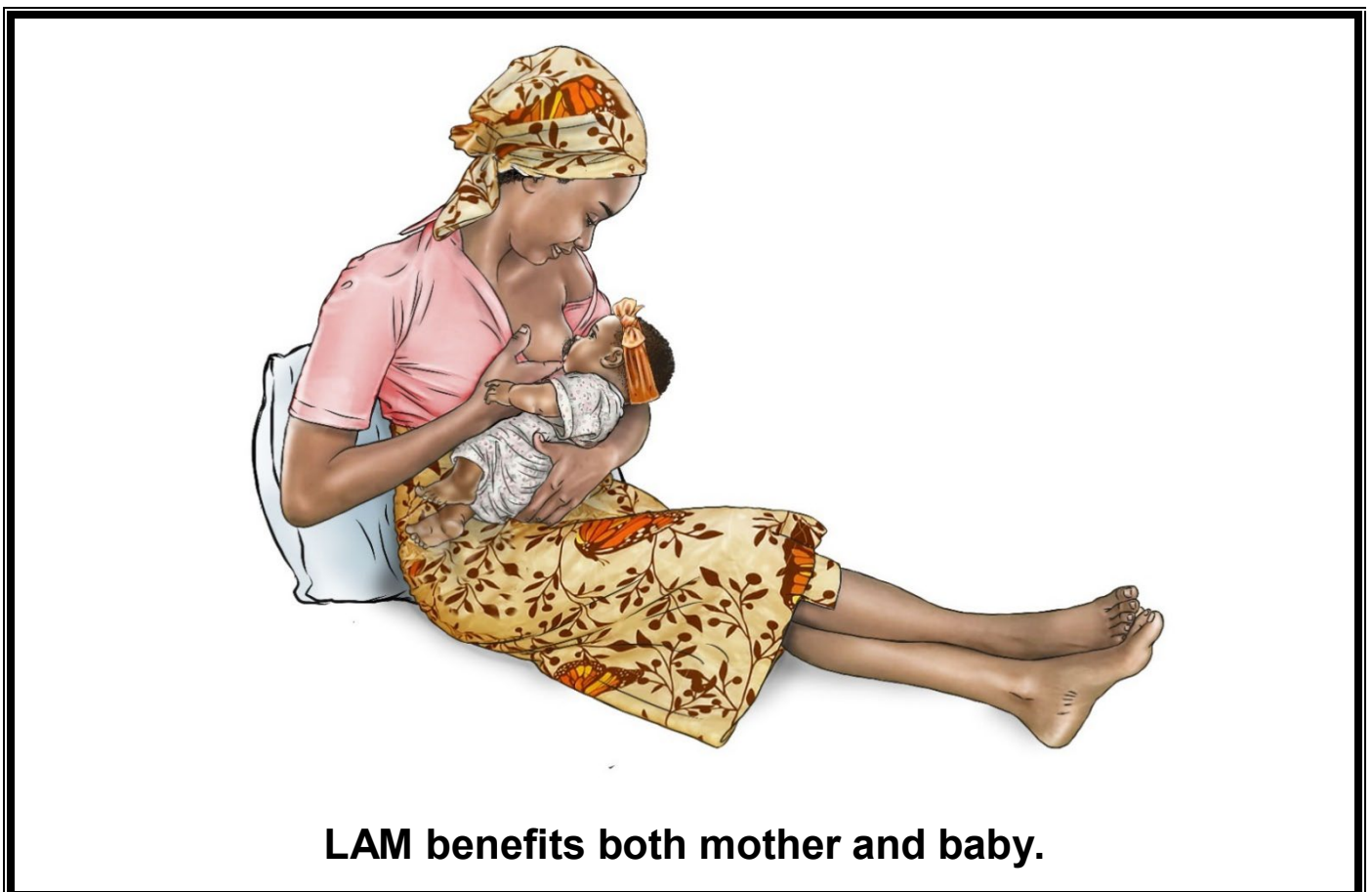
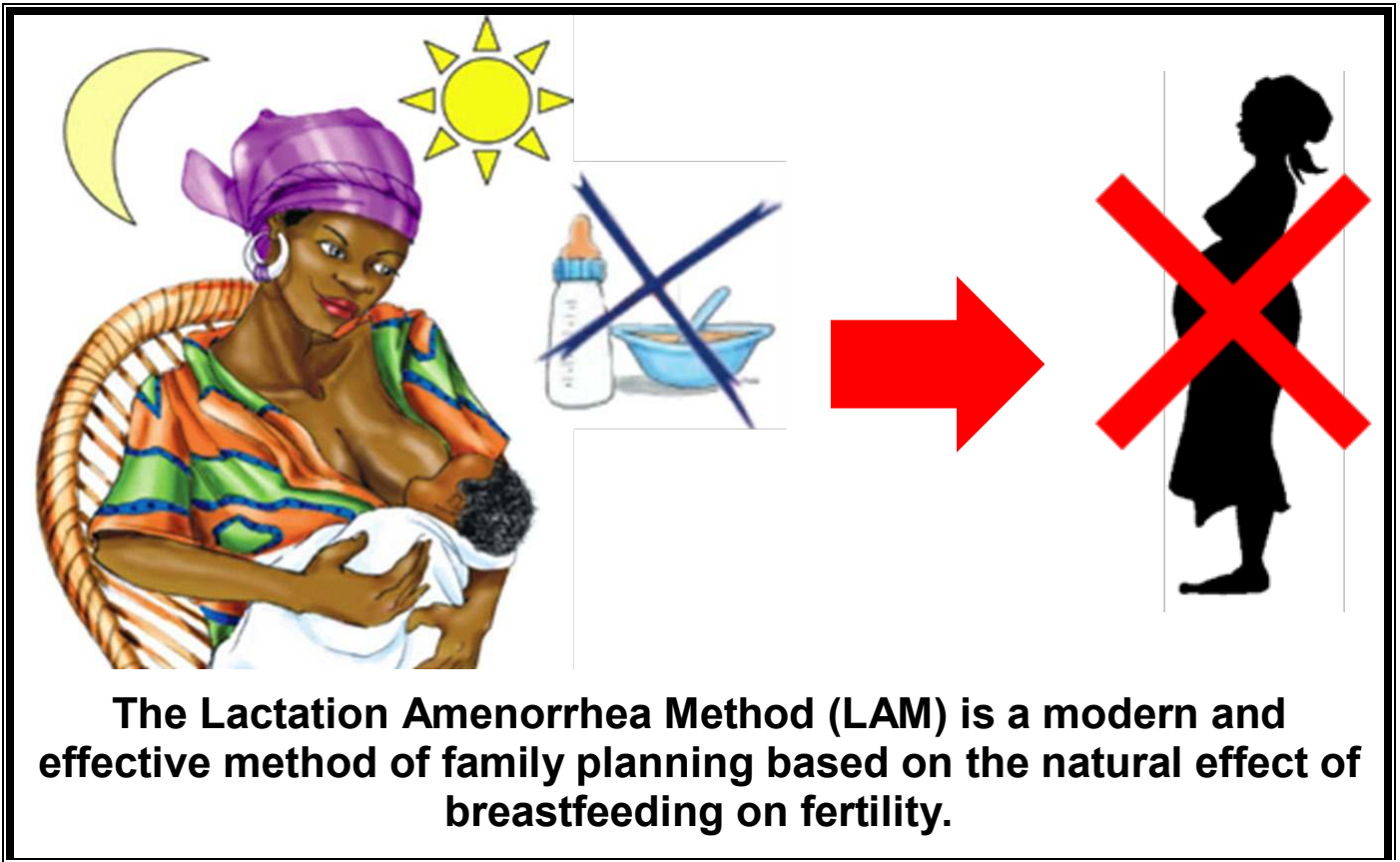


**Picture 4.1: Fatima and her Baby Both Succeed**



**“This sounds like the best choice for us and our baby!”**

**Picture 4.2: Breastfeeding to Delay Pregnancy**



## 5. Share the Meaning of Each Picture: Breastfeeding to Delay Pregnancy (Picture 4.2)

**The Lactation Amenorrhea Method (LAM) is a modern and effective method of family planning based on the natural effect of breastfeeding on fertility.**

- LAM is very effective at preventing pregnancy
- Breastfeeding during the baby's first six months prevents new eggs from being released
- LAM does not require any supplies or health services

**LAM benefits both mother and baby.**

- LAM encourages exclusive breastfeeding, which promotes bonding with baby
- Exclusive breastfeeding provides baby's with the best nutrients needed for brain and body growth and development
- Exclusive breastfeeding protects baby against sickness and disease

**?** Would you be willing to try this method to delay pregnancy or discuss it further with your partner? Why or why not?

### Picture 4.3: LAM Criteria

**Four things are needed for LAM to effectively prevent pregnancy:**



**LAM can start as soon as baby is born.**

**When these criteria are not met, you and your partner will need to use another method of family planning to prevent pregnancy.**

## 6. Share the Meaning of Each Picture: LAM Criteria (Picture 4.3)

? What do you think these pictures mean?

**Four things are needed for LAM to effectively prevent pregnancy.**

1. The woman's monthly bleeding has not returned.
2. The child is younger than six months.
3. The mother never gives water, beer porridge or other foods or liquids.
4. The mother breastfeeds day and night whenever the child shows signs of hunger.

**LAM can start as soon as baby is born.**

- Breastfeeding can be challenging, especially in the beginning.
- Ask for support from a health worker or an experienced friend or family member.
- Partners can support mothers by making sure they have time and space to devote to breastfeeding.

**When these criteria are not met, you and your partner will need to use another method of family planning to prevent pregnancy.**

- There are many family planning options for postpartum women
- Talk to a health worker about what options are best

? How feasible do you think it would be to meet all four of these criteria?



## LESSON 5: SHORT-ACTING MODERN METHODS OF FAMILY PLANNING—CONDOMS & PILLS

 <p><b>1. Game: Pass the Stone</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-8. Share the Meaning of Each Picture</b></p>
 <p><b>9. Activity: Fill in the Blank</b></p>	 <p><b>10. Discuss Barriers</b></p>	 <p><b>11. Practice &amp; Coaching</b></p>	 <p><b>12. Request Commitments</b></p>

### 3. Story: Maria Ngomo Talks to a Community Health Worker (Picture 5.1)

Maria Ngomo and her husband just gave birth to their second child and have decided they want to delay a next pregnancy. They have heard about several options that are short-acting and are not sure which is the best fit for them. “Do you think condoms or oral pills would be best?” Maria Ngomo asks her husband. “Or what about a hormone injection?” Her husband waited a moment as he thought, and asked, “Do all methods work the same for delaying pregnancy? What makes someone choose one over another?” They both smiled as they said at nearly the same time, “Let’s ask a Community Health Worker.”

### 4. Ask about Current Practices (Picture 5.1)

- ❓ What are Maria Ngomo and her husband trying to decide?
- ❓ What are the different reasons someone might choose one method of delaying pregnancy over another?
- ❓ What would be most important for you in choosing a method of family planning?

Let’s compare your ideas with the messages on the following pages.

**Picture 5.1 Maria Ngomo Talks to a Community Health Worker**



**“Let’s ask a Community Health Worker!”**

**Picture 5.2: Condoms to Delay Pregnancy**



**Male condoms are sheaths, or coverings, that fit over a man's erect penis.**

**Condoms work by forming a barrier that keeps sperm out of the vagina, preventing pregnancy.**



**Condoms require correct use with every act of sex for greatest effectiveness.**

**Risk of pregnancy or sexually transmitted infection (STI) is greatest when condoms are not used with every act of sex.**

## 5. Share the Meaning of Each Picture: Condoms to Delay Pregnancy (Picture 5.2)

? What do you think these pictures mean?

**Male condoms are sheaths, or coverings, that fit over a man's erect penis.**

- Condoms are only used once and then must be disposed of.
- Condoms may dull the sensation of sex for some men. However, discussion between couples sometimes can help overcome this objection.

**Condoms work by forming a barrier that keeps sperm out of the vagina, preventing pregnancy.**

- Condoms require correct use with every act of sex for greatest effectiveness. Risk of pregnancy or sexually transmitted infection (STI) is greatest when condoms are not used with every act of sex.
  - As per the picture above, learn how to properly unroll the condom all the way to the base of the erect penis, and how to safely slide the condom off the penis after intercourse.
- If a condom breaks or fails in another way, additional methods such as emergency contraception can be used to prevent pregnancy.

? Would you be willing to try this method to delay pregnancy or discuss it further with your partner? Why or why not?

**Picture 5.3: Other Benefits of Condoms**



**Condoms also keep infections that are in semen, on the penis, or in the vagina from infecting the other partner.**

**Talking about condom use before sex can improve the chances one will be used.**



## 6. Share the Meaning of Each Picture: Other Benefits of Condoms (Picture 5.3)

? What do you think these pictures mean?

**Condoms also keep infections that are in semen, on the penis, or in the vagina from infecting the other partner.**

- Unlike many other methods of contraception, male condoms are the only method to prevent pregnancy and protect against sexually transmitted infections, including HIV. Even if couples use another form of family planning, condoms can be used for their protection against infections.

**Condoms have other benefits including that they:**

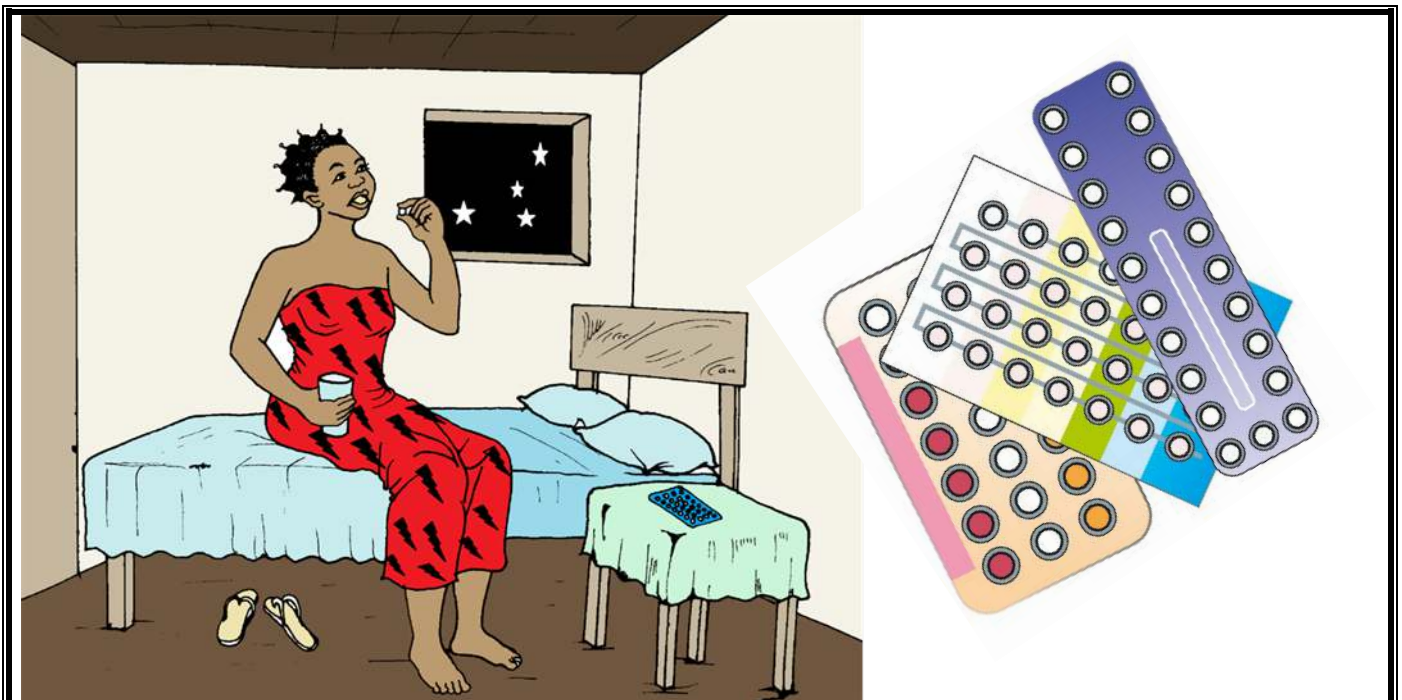
- have no hormonal side effects
- can be used as a regular, temporary or backup method
- can be used without seeing a health care provider
- are sold in many places and generally easy to obtain; and
- can make sex last longer.

**Talking about condom use before sex can improve the chances one will be used.**

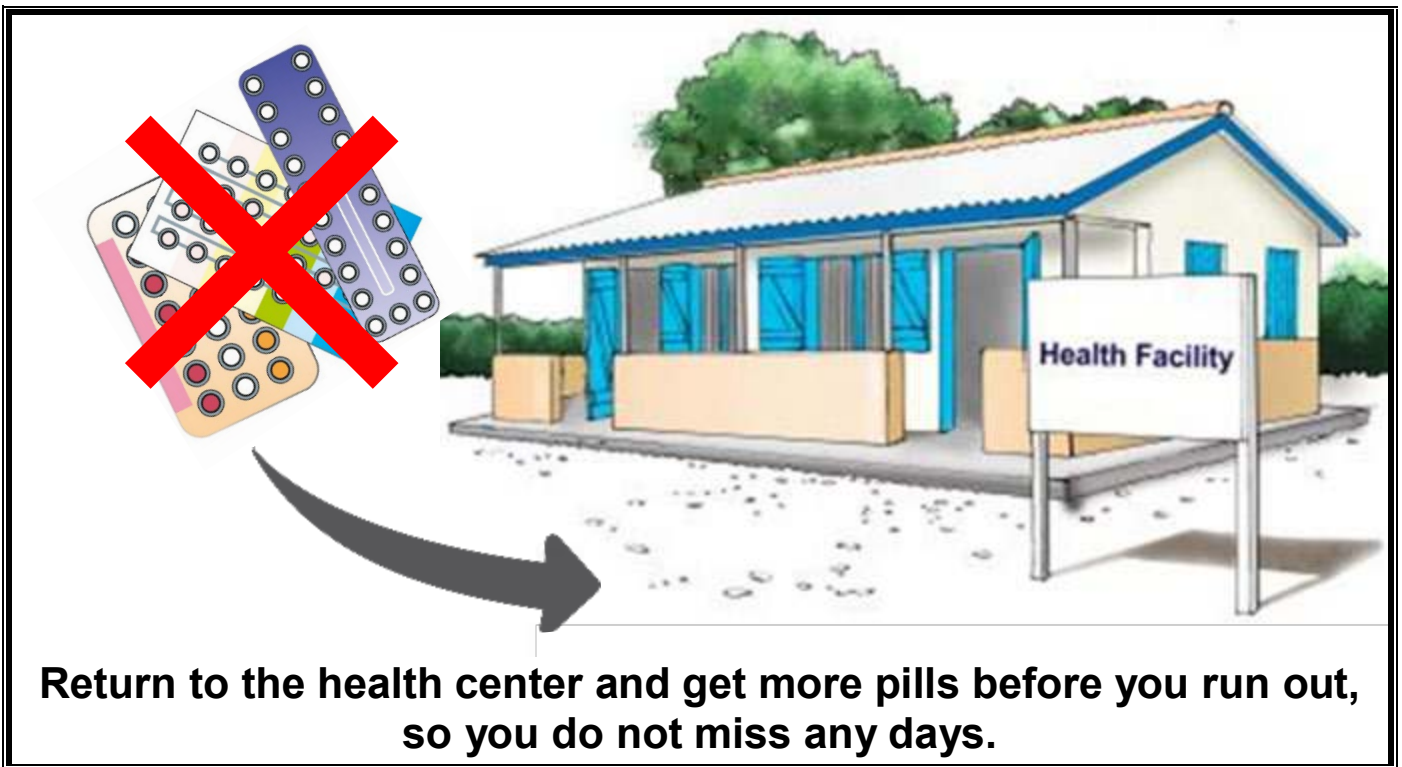
- This requires both male and female partner's cooperation.
- Do not use a condom more than once.
- Condoms are generally accessible at the health center or from a Community Health Worker.

? What benefits of condoms seem most appealing to you?

**Picture 5.4: Pills to Delay Pregnancy**



**A pill taken daily by a woman can prevent pregnancy.  
You must remember to take the pill every day, whether or not you  
have sex that day.**



**Return to the health center and get more pills before you run out,  
so you do not miss any days.**

## 7. Share the Meaning of Each Picture: Pills to Delay Pregnancy (Picture 5.4)

? What do you think these pictures mean?

### **A pill taken daily by a woman can prevent pregnancy.**

- Pills that contain low doses of hormones—like the natural hormones called progesterone and estrogen that are already produced in a woman's body. Examples include XXX (country-specific contextualization is required – include name and if it is progestin only, combined hormone, etc.) Both types of pills include hormones that are naturally found in a woman's body.
- Pills work by preventing the release of eggs from the woman's ovaries.

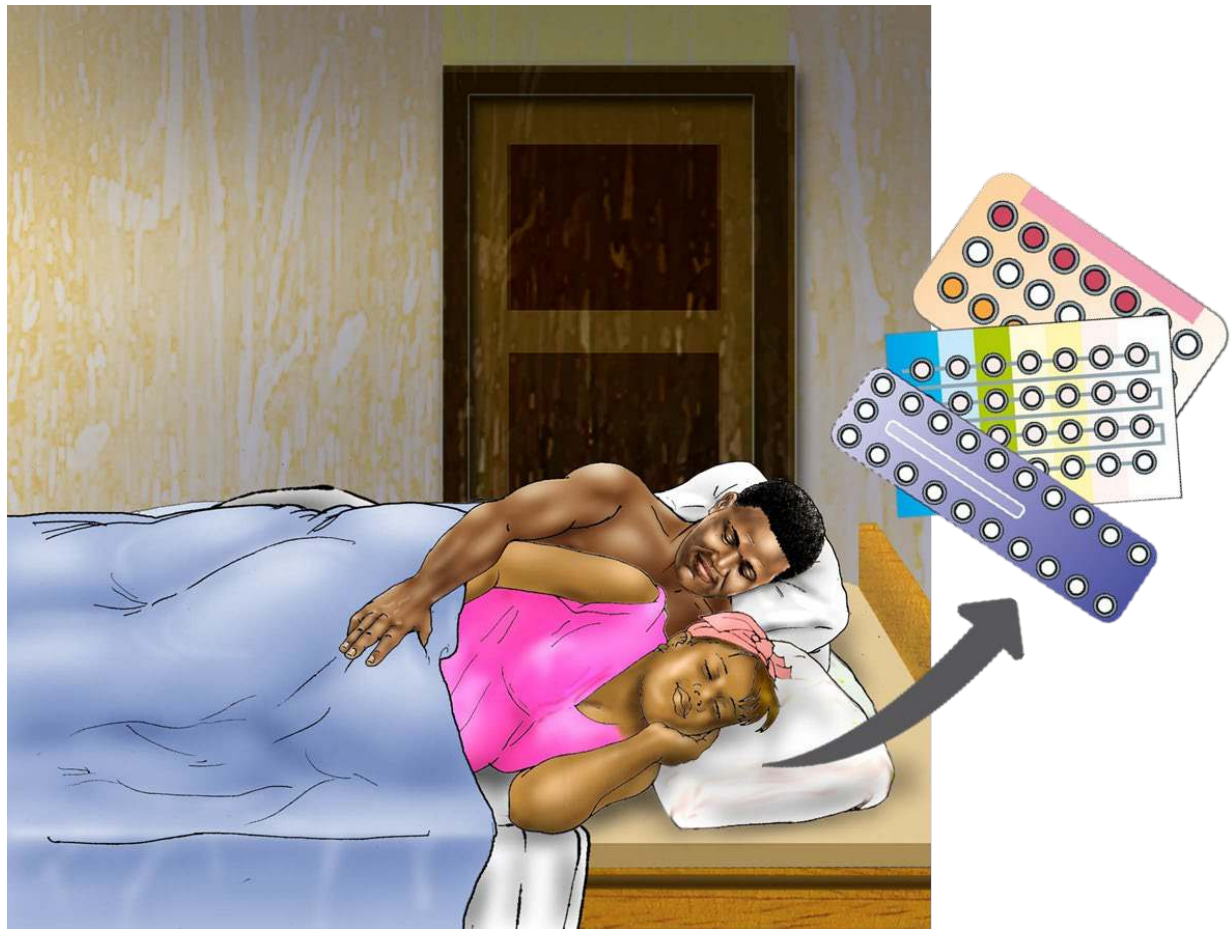
### **You must remember to take the pill every day, whether or not you have sex that day.**

- Take one pill each day, at the same time each day.
  - It can be helpful to combine the habit of taking the pill with another daily activity, such as preparing the morning meal.
    - When you skip a day, miss a pill, or stop taking the pills, new pregnancy is possible.
- If you miss one pill, take it as soon as you remember. If you don't remember until the next day, go ahead and take 2 pills that day. If you forget to take your pills for 2 days in a row, take 2 pills the day you remember and 2 pills the next day. You will then be back on schedule. If you miss more than 2 pills, contact a healthcare provider for guidance.

### **Return to the health center and get more pills before you run out, so you do not miss any days.**

? Would you be willing to try this method to delay pregnancy or discuss it further with your partner? Why or why not?

**Picture 5.5: Pills Benefits and Considerations**



**Pills have many benefits as a method of family planning.**

**Like all medicine, birth control pills have possible side effects.  
These are mild and temporary.**

## 8. Share the Meaning of Each Picture: Pills Benefits and Considerations (Picture 5.5)

? What do you think these pictures mean?

### **Pills have many benefits as a method of family planning.**

- Its use is controlled by the woman.
- Pill use can be stopped at any time without a provider's help
- Pills do not interfere with sex
- Pills are easy to use
- The method is effective. For greatest effectiveness a woman must take pills daily and start each new pack of pills on time. Must be taken every day, whether or not a woman has sex that day.

### **Like all medicine, birth control pills have possible side effects.**

- Some users experience some mild nausea when first starting birth control pills. Usually this goes away within a short time. Taking the pill with food or taking it before bedtime may help.
- It is common for women to have changes to their monthly bleeding when using pills, including spotting, irregular bleeding, or missed periods.. This is not harmful and does not mean anything is wrong. The bleeding changes usually return to normal after three months of using the pill.
- The hormones in the pill may cause a decrease in sexual interest or a slight change in their emotions. Monitor these changes and ask your healthcare provider for support if the changes feel significant. A different type of pill or method of family planning may be prescribed if needed.

? What benefits are most appealing to you about the pill for family planning?

? What questions or concerns do you have about side effects?



# LESSON 6: SHORT-ACTING MODERN METHODS OF FAMILY PLANNING—INJECTIONS & EMERGENCY CONTRACEPTION

 <p><b>1. Game: Charades</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-8. Share the Meaning of Each Picture</b></p>
 <p><b>9. Activity: Five Women</b></p>	 <p><b>10. Discuss Barriers</b></p>	 <p><b>11. Practice &amp; Coaching</b></p>	 <p><b>12. Request Commitments</b></p>

## 3. Story: Maria Ngomo Plans Ahead (Picture 6.1)

Maria Ngomo and her husband discussed various family planning options with the local community health worker. With their full days and many responsibilities, they have decided they want a method that will not require them to remember to do something every day or every time they have intercourse. “I have a hard enough time remembering to put my shoes on,” laughs Maria Ngomo. She tells her sister the various methods the health worker described that can last several months.

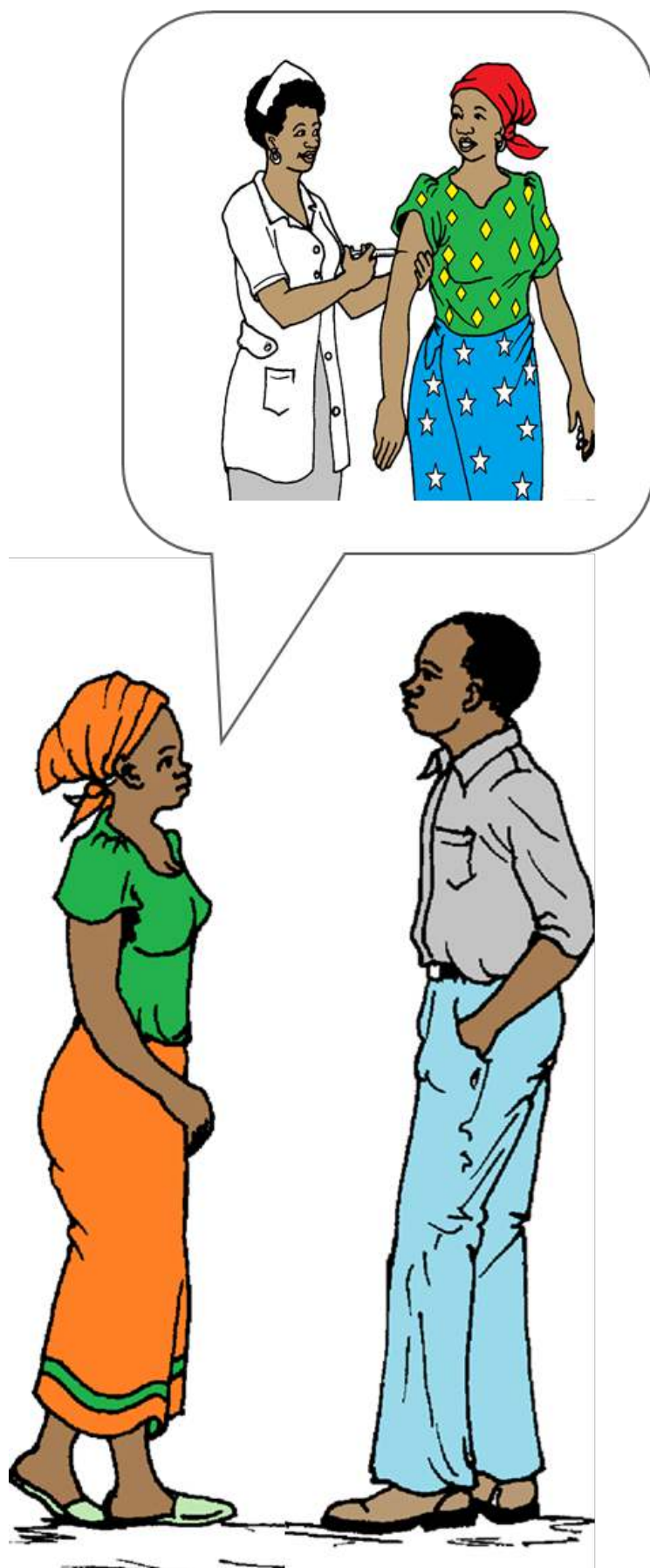
“But we still want the option to have another child!” said Maria Ngomo’s husband with a smile. “So we are not ready for a permanent solution.” “That’s right,” Maria Ngomo shares. “That’s why I got my injectable today!”

## 4. Ask about Current Practices (Picture 6.1)

- ?** What are Maria Ngomo and her husband hoping for in a family planning method?
- ?** What are the reasons a couple might want a method that can be reversed but lasts weeks or months?
- ?** What would be most important for you in choosing a method of family planning?

Let’s compare your ideas with the messages on the following pages.

**Picture 6.1: Maria Ngomo Plans Ahead (Story)**

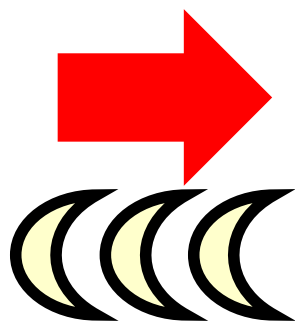


**“That’s why I got my injectable today!”**

**Picture 6.2: Injections to Delay Pregnancy**



**Hormone injections can prevent pregnancy for weeks or months at a time.**



**3 Months**



**Injections only require action every 1-3 months (depending on the type).**

## 5. Share the Meaning of Each Picture: Injections to Delay Pregnancy (Picture 6.2)

? What do you think these pictures mean?

**Hormone injections can prevent pregnancy for weeks or months at a time.**

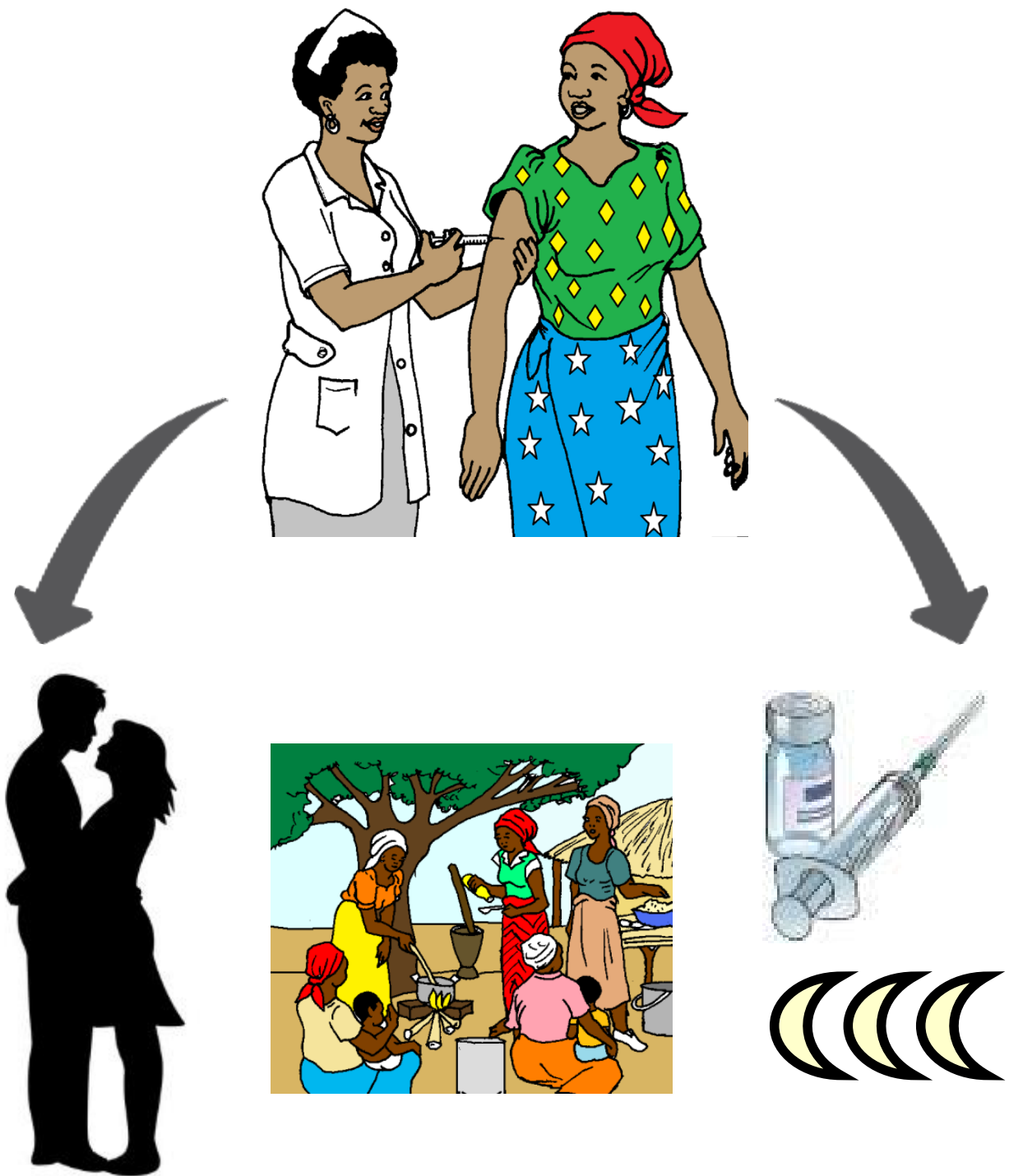
- The injections contain hormones like those naturally found in women's bodies.
- Injections work by preventing the release of eggs from the ovaries.
- Local names of hormone injections include: XXX.

**Injections only require action every 1-3 months.**

- For 1-3 months, depending on the type of injection used, new pregnancy is not possible.
- Women will need to return to a health provider for a new injection before the injection wears off to delay new pregnancy.
- If a woman misses or is late in getting an injection, she should talk to her healthcare provider about using another method of contraception such as condoms.

? Would you be willing to try an injection to prevent new pregnancy? Why or why not?

**Picture 6.3: Injectables Benefits and Considerations**



**Hormone injections have many benefits: they are highly effective at preventing pregnancy, are private and do not interfere with sex, can be stopped at any time, and only require action every 1-3 months.**



## 6. Share the Meaning of Each Picture: Injectables Benefits and Considerations (Picture 6.3)

? What do you think these pictures mean?

### **Hormone injections have many benefits.**

- Injections are highly effective, nearly 100% of pregnancies are prevented when used properly
- Injections requires action only every 1- 3 months
- No daily action is needed
- Injections do not interfere with sex
- The use is private, no one else can tell that a woman is using contraception
- Injections stop monthly bleeding (for many women); and
- Can be stopped at any time.

### **Injectables have side effects that are not harmful and can be managed.**

- Bleeding changes are common but not harmful.
- Gradual weight gain is common, averaging 1–2 kg per year.
- Some women may also experience headaches, dizziness, mood changes, stomach discomfort, or less sex drive.
- Return of fertility is often delayed. It takes several months longer on average to become pregnant after stopping progestin-only injectables than after stopping other methods.
- Injections do not make women infertile (unable to have babies).

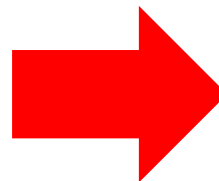
? Would you be willing to try an injection to prevent new pregnancy? Why or why not?

## Picture 6.4 Emergency Contraception Pills (ECPs) to Prevent Pregnancy



**Emergency contraception, offers a “second chance” at preventing pregnancy when another method is not in place, such as a broken condom, a missed pill, or a sexual assault.**

1 ✓	2 ✓	3 ✓	4 ✓	5 ✓	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



**When taken within five days of intercourse, emergency contraception can prevent most pregnancies by delaying ovulation.**

## 7. Share the Meaning of Each Picture: Emergency Contraception Pills (ECPs) to Prevent Pregnancy (Picture 6.4)

? What do you think these pictures mean?

**Emergency contraception, offers a “second chance” at preventing pregnancy when another method is not in place, such as a broken condom, a missed pill, or a sexual assault.**

- It works best when taken as soon as possible, within five days of unprotected sex.
- Unlike long-acting forms of family planning, emergency contraception is not intended for use as a regular, routine method of preventing pregnancy.

**When taken within five days of intercourse, emergency contraception can prevent most pregnancies by delaying ovulation.**

- Emergency contraception does not provide protection against sexually transmitted infections, including HIV.
- Emergency contraception is for a one-time act and does not protect against future pregnancies.

? What would be an occasion that an emergency contraception pill may be useful?

## Picture 6.5 Emergency Contraception Pills (ECPs) Considerations



**Emergency contraceptives do not abort an existing pregnancy and they do not work if a woman has already ovulated.**

**Emergency contraception may cause temporary side effects.**

## 8. Share the Meaning of Each Picture: Emergency Contraception Pills (ECPs) Considerations (Picture 6.5)

? What do you think these pictures mean?

**Emergency contraceptives do not abort an existing pregnancy and they do not work if a woman has already ovulated.**

- If a woman is already pregnant, emergency contraception will not impact her pregnancy.
- Emergency contraception does not affect the ability to get pregnant in the future

**Emergency contraception may cause temporary side effects.**

- Some women may experience side effects such as nausea, vomiting and vaginal spotting or bleeding. These symptoms will resolve with time.

? Would you consider using emergency contraception? Why or why not?



## LESSON 7: LONG-ACTING REVERSIBLE CONTRACEPTION (LARCS)—IMPLANTS AND IUDS

 <p><b>1. Game: Spider Web</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-8. Share the Meaning of Each Picture</b></p>
 <p><b>9. Activity: Case Scenarios</b></p>	 <p><b>10. Discuss Barriers</b></p>	 <p><b>11. Practice &amp; Coaching</b></p>	 <p><b>12. Request Commitments</b></p>

### 3. Story: Thinking of the Future (Picture 7.1)

Kiona and her husband had been dreaming together about the future lately, particularly during the pregnancy of their third child. After the birth of their daughter, they now have three healthy children and their crops are doing better than previous seasons. They want to plan ahead and make sure they have the resources and attention to give their growing children what they need to gain an education, be healthy, and successful.

Previously, Kiona used oral pills to space their pregnancies, but now she would like to be assured they will not become pregnant without having to remember to take her pill every morning. The midwife shares with the couple about long-term options such as IUDs and implants as well as permanent methods. They decide to select an intrauterine device, which the midwife is able to put in just after birth. They are so grateful for their family of five and if they decide to add more children in the future, they know the IUD can be removed.

### 4. Ask about Current Practices (Picture 7.1)

- ?** What decision have Kiona and her husband made about their family size?
- ?** Why did they select an IUD for their method of preventing pregnancy? What other long-term options could they use?
- ?** What do you know about long-term options of preventing pregnancy?

Let's compare your ideas with the messages on the following pages.

**Picture 7.1: Thinking of the Future (Story)**

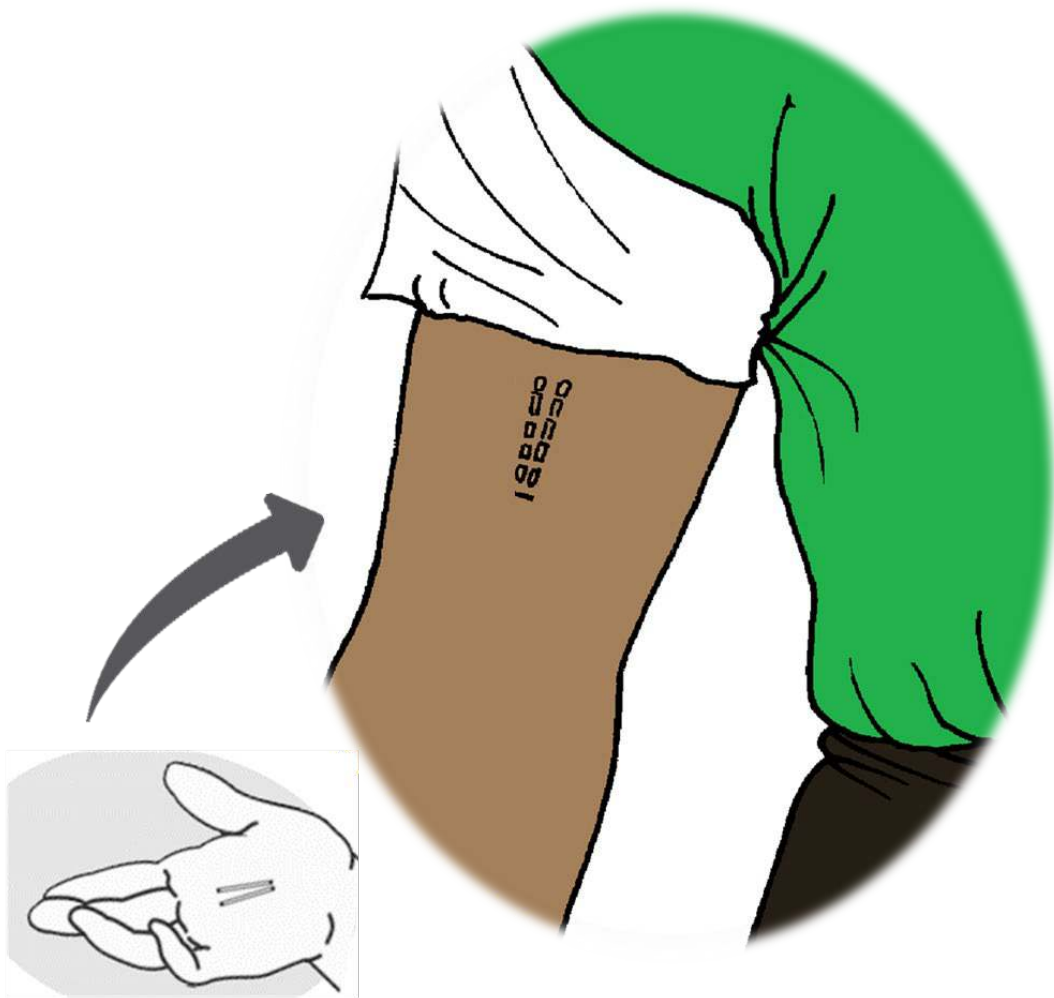


**Kiona and her husband had been dreaming together about the future lately. Previously, Kiona used oral pills to space their pregnancies, but now she would like to be assured they will not become pregnant without having to remember to take her pill every morning. They decide to select an intrauterine device. They are so grateful for their family of five and if they decide to add more children in the future, they know the IUD can be removed.**

## Picture 7.2: Implants to Delay Pregnancy

Some methods of preventing pregnancy can last for months or years at a time. These options are very effective and do not require regular action.

Implants are one of the most effective and long lasting non-permanent methods of delaying pregnancy.



Implants are small plastic sticks or rods that are inserted under the skin on a woman's arm to prevent new pregnancy for three to five years.

An implant prevents pregnancy by stopping the release of eggs from the ovaries and blocking the man's sperm from reaching an egg.

## 5. Share the Meaning of Each Picture: Implants to Delay Pregnancy (Picture 7.2)

? What do you think these pictures mean?

**Some methods of preventing pregnancy can last for months or years at a time. These options are very effective and do not require regular action.**

**Implants are one of the most effective and long lasting non-permanent methods of delaying pregnancy.**

**An implant prevents pregnancy by stopping the release of eggs from the ovaries and blocking the man's sperm from reaching an egg.**

- Implants stop working when they are removed. The hormones (chemicals) do not stay in the woman's body.

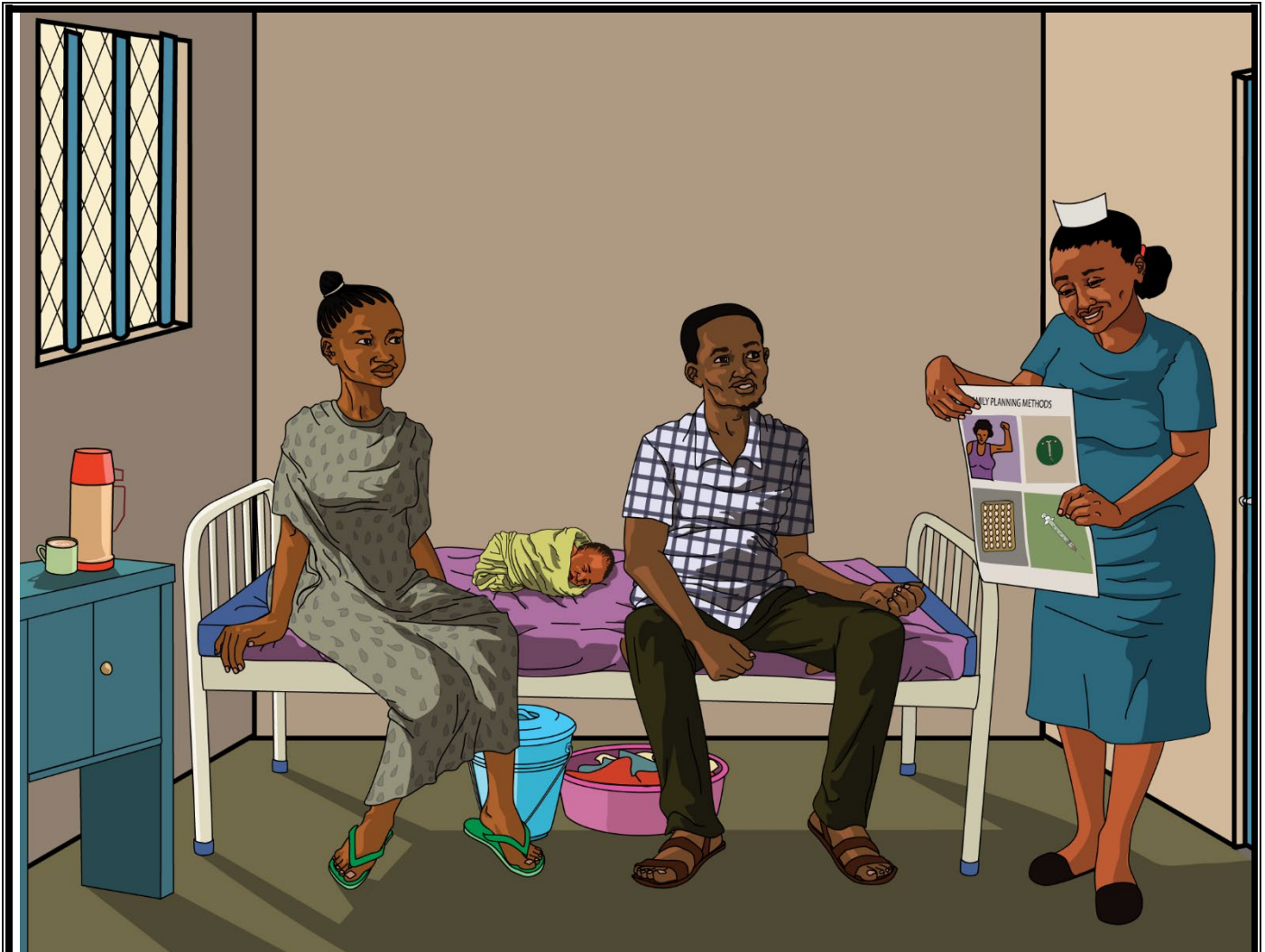
**Implants are small plastic sticks or rods that are inserted under the skin on a woman's arm to prevent new pregnancy for three to five years.**

- The sticks must be put in and removed by a trained health provider.
- Inserting the implants is not painful and can be done quickly and easily at a health center.
- To delay a new pregnancy, return to the health center to remove it after three to five years are over and get a new implant.
- When the sticks are removed, a new pregnancy is possible immediately.

? What are the advantages to using a method that is long-lasting, but also not permanent, like an implant?



## Picture 7.3 Implants Considerations



**There are many benefits of implants for family planning.**

- **Safe and effective**
- **Stop working when removed**
- **Require no regular action**
- **Long-lasting and reversible**
- **Last 3 to 5 years**

**Implants have temporary, mild side effects and do not have long term negative effects.**



## 6. Share the Meaning of Each Picture: Implants Considerations (Picture 7.3)

? What do you think these pictures mean?

**There are many benefits of implants for family planning.**

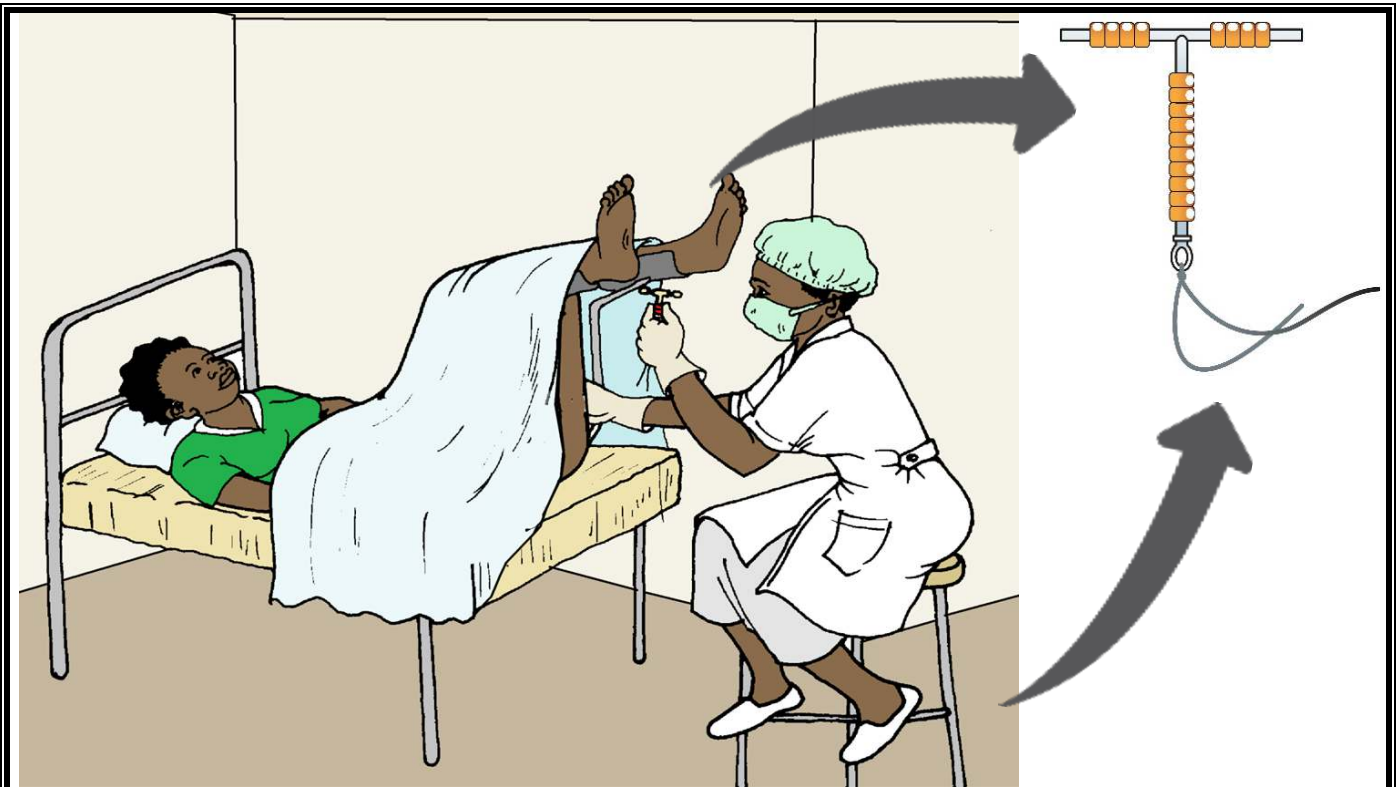
- Implants can be used by nearly all women safely and effectively, including women who are breastfeeding
- Implants do not work once they are removed and can be removed at any time by a skilled provider.
- Many women choose implants to prevent pregnancy because they do not have to do anything once the implant is inserted
- Implants are both long-lasting and reversible when a couple wants to become pregnant.

**Implants have mild side effects and do not have long term negative effects.**

- They do not interfere with sex.
- The hormones do not remain in a woman's body and do not cause any harm if they stop monthly bleeding.
- Implants do not make women infertile (unable to have babies).
- Common, non-harmful side effects may include:
  - Changes in bleeding patterns in the first year—after about one year, there is often lighter bleeding and fewer days of bleeding, irregular bleeding, infrequent bleeding, or no monthly bleeding.
  - Other mild side effects may include: headaches, abdominal pain, acne, weight change, breast tenderness, dizziness, mood changes, and nausea.

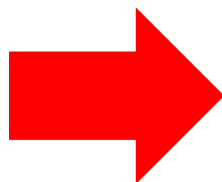
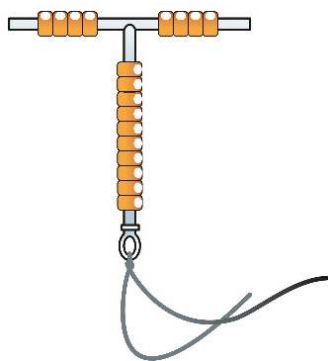
? What are the advantages to using a method that is long-lasting, but also not permanent, like an implant?

**Picture 7.4: IUD to Delay Pregnancy**



**An IUD (intrauterine device) is a small object put inside the womb (uterus) to prevent pregnancy for 5-12 years, depending on the type of IUD used.**

**IUDs are one of the most effective and long-lasting, non-permanent, methods of pregnancy prevention. The IUD can be removed if a couple wants another pregnancy.**



**10 Years**



**New pregnancy is possible immediately after the IUD is removed.**

## 7. Share the Meaning of Each Picture: IUD to Delay Pregnancy (Picture 7.4)

? What do you think these pictures mean?

**An IUD (intrauterine device) is a small object put inside the womb (uterus) to prevent pregnancy for 5-12 years, depending on the type of IUD used.**

- The IUD must be put in and removed by a trained health worker.

**IUDs are one of the most effective and long-lasting, non-permanent, methods of pregnancy prevention. The IUD can be removed if a couple wants another pregnancy.**

- The IUD prevents pregnancy by not allowing the man's sperm to join with the woman's egg.

**New pregnancy is possible immediately after the IUD is removed.**

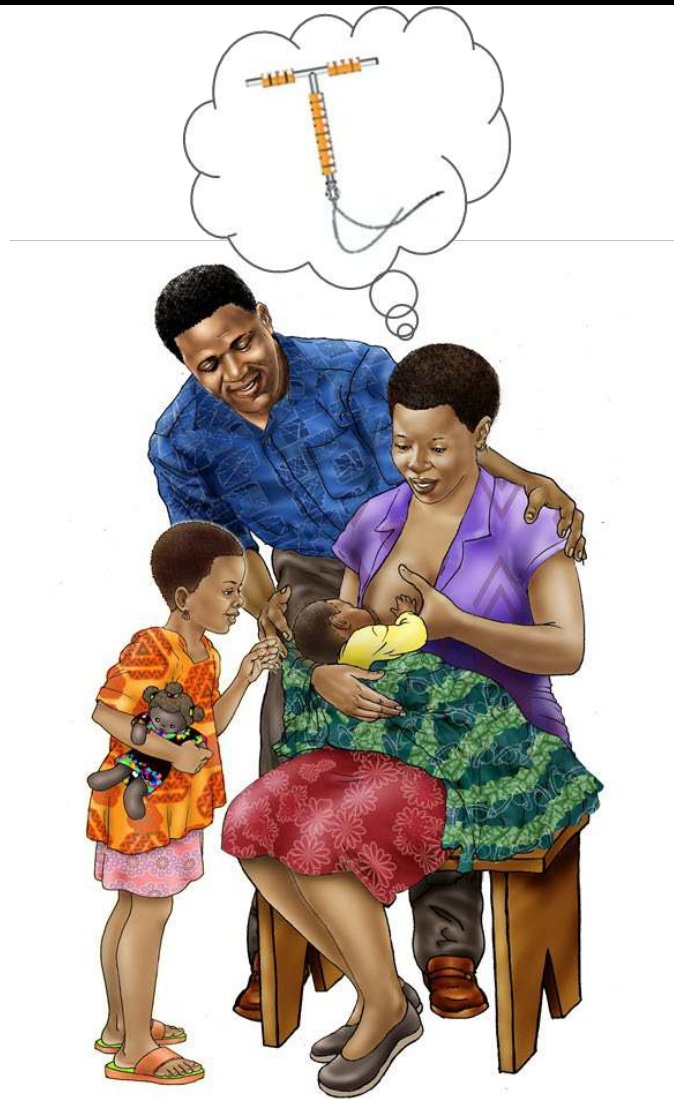
- If the IUD is replaced, protection against pregnancy continues.
- The IUD can be taken out at any time if a couple wants to become pregnant.
- Using an IUD does not make a woman infertile.

**An IUD has no further costs for supplies after it is inserted and does not require the couple to do anything while it is in place.**

- It is private—usually no one else can tell a woman is using contraception (sometimes a partner may feel the strings during sex).
- An IUD is highly effective because it does not require repeated action each day or every time a couple has sex.
  - It is common for women to have changes in their monthly bleeding when using an IUD. This is not harmful.

? Why might a couple choose to use an IUD to prevent new pregnancy?

**Picture 7.5: IUD Considerations**



**There are many reasons couples choose an IUD to prevent pregnancy.**

- **No further costs for supplies after inserted**
- **Couples don't have to do anything once in place**
- **Private**
- **Highly effective at preventing pregnancy**
- **Can be removed any time if you want to get pregnant**
- 

**Some minor side effects may result from using an IUD. These are mostly mild and temporary.**

## 8. Share the Meaning of Each Picture: IUD Considerations (Picture 7.5)

? What do you think these pictures mean?

**There are many reasons couples choose an IUD to prevent pregnancy.**

- An IUD has no further costs for supplies after it is inserted and does not require the couple to do anything while it is in place.
- It is private—usually no one else can tell a woman is using contraception (sometimes a partner may feel the strings during sex).
- An IUD is highly effective because it does not require repeated action each day or every time a couple has sex.

**Some minor side effects may result from using an IUD. These are mostly mild and temporary.**

- It is common for women to have changes in their monthly bleeding when using an IUD, such as longer and heavier bleeding in the first six months and/or increased cramping and pain. This is not harmful, unless the woman has low iron (anemia).
- Other minor side effects from IUDs are not signs of illness and may include changes in monthly bleeding, more pain (cramping) during monthly bleeding

? What benefits of using an IUD to prevent new pregnancy are most appealing to you?



# LESSON 8: LONG-ACTING AND PERMANENT METHODS (LAPMS)—VASECTOMIES AND BILATERAL TUBAL LIGATION

 <p><b>1. Game: Going on a Journey</b></p>	 <p><b>2. Attendance &amp; Troubleshooting</b></p>	 <p><b>3-4. Story &amp; Ask about Current Practices</b></p>	 <p><b>5-7. Share the Meaning of Each Picture</b></p>
 <p><b>8. Activity: Case Scenarios</b></p>	 <p><b>9. Discuss Barriers</b></p>	 <p><b>10. Practice &amp; Coaching</b></p>	 <p><b>11. Request Commitments</b></p>

## 3. Story: A Complete Family (Picture 8.1)

Esther and her husband just gave birth to their third child—a little girl after their two boys, now ages four and seven. They are overjoyed with a healthy baby and they feel their family size is “complete” with the three children they had prayed to be able to have. They talk with the midwife after birth and ask what is the best method of preventing pregnancy for the longer term.

Esther adheres to the Lactation Amenorrhea Method for the first six months of their daughter’s life. During this time, she and her husband set aside several times to continue the discussions they had had previously about their desire to have three children. During these conversations, they came to an agreement that their family was “complete” and that they did not want to pursue future pregnancies. “This is how I hoped our family would be!” Esther declared. “I agree,” her husband, “our family is complete!”

At her six month postpartum visit, Esther and her husband about the option of vasectomy. The health worker shared the details of the minor procedure, including what to expect during and after the operation. “I didn’t know there were no side effects after this method,” her husband shared. “I have such peace of mind in this decision!”

## 4. Ask about Current Practices (Picture 8.1)

- ?** What decision have Esther and her husband made about their family size?
  - ?** Why did they select a permanent method of preventing pregnancy? What other long-term options could they use?
  - ?** What do you know about permanent options of preventing pregnancy?
- Let’s compare your ideas with the messages on the following pages.

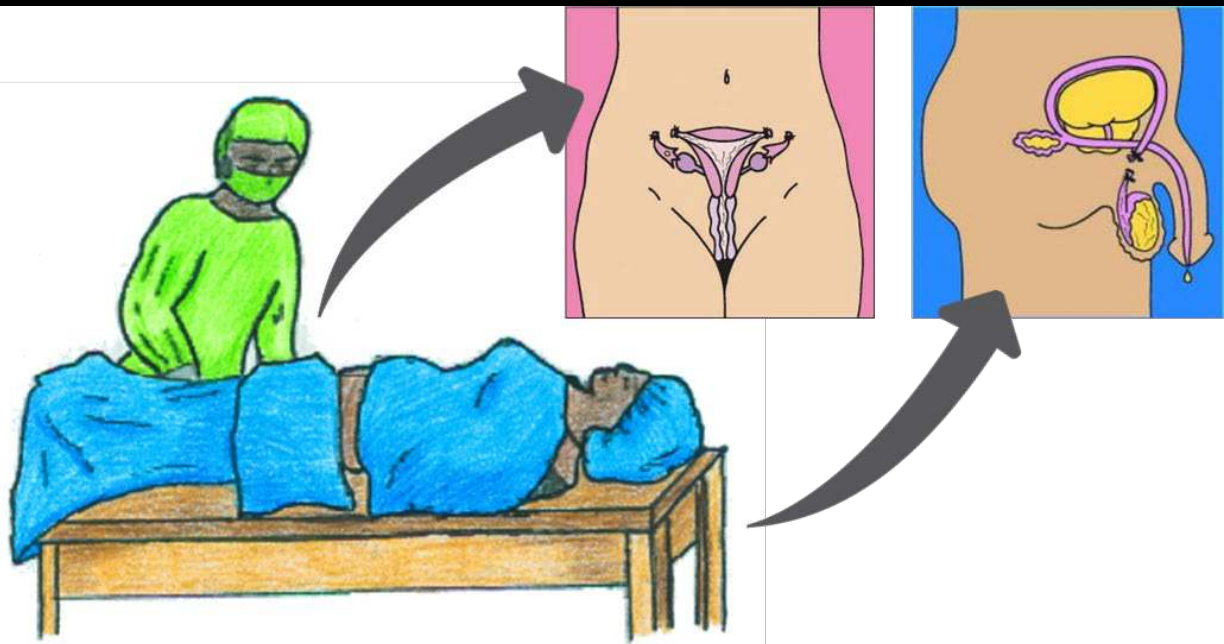
## Picture 8.1: A Complete Family



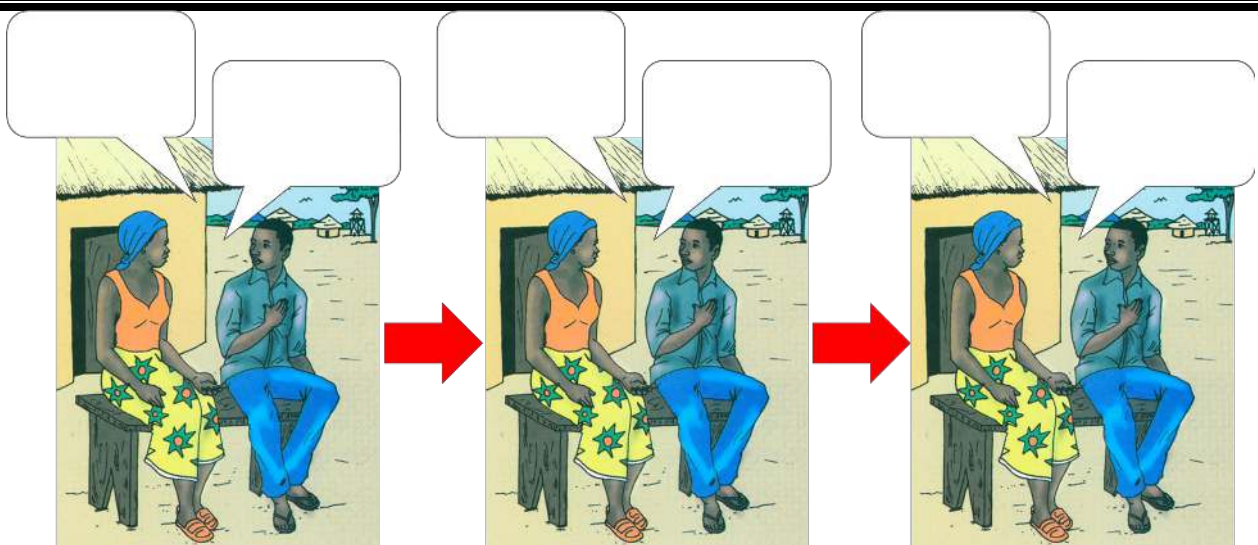
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## Picture 8.2: Discussing Permanent Methods to Prevent Pregnancy



**Couples who are ready to prevent all future pregnancies have options for permanent methods of family planning.**



**Making this decision is important and requires in-depth conversation and agreement between couples.**

**These methods of family planning are permanent. They cannot be undone and so are ideal when a couple understands other available highly-effect contraception methods and has their desired number of children.**

## 5. Share the Meaning of Each Picture: Discussing Permanent Methods to Prevent Pregnancy (Picture 8.2)

? What do you think these pictures mean?

**Couples who are ready to prevent all future pregnancies have options for permanent methods of family planning.**

- In women, the method is called “Tubal Ligation”
- In men, it is called “Vasectomy”
- These are relatively short, simple procedures that do not require hospitalization.

**Making this decision is important and requires in-depth conversation and agreement between couples.**

- Deciding to permanently prevent pregnancy is an important decision since it cannot be reversed.
- Couples may have different perspectives. It often takes several discussions for couples to understand their spouse’s opinions and come to a common understanding.
- For couples who know they do not want more children, using a permanent method of pregnancy prevention can provide a one-time solution without further action or side effects.
- Finding several pre-planned, safe times to talk with your partner can help you come to an agreement to determine if a long-acting and permanent method (LAPMs) are right for you.

**These methods of family planning are permanent. They cannot be undone and so are ideal when a couple understands other available highly-effect contraception methods and has their desired number of children.**

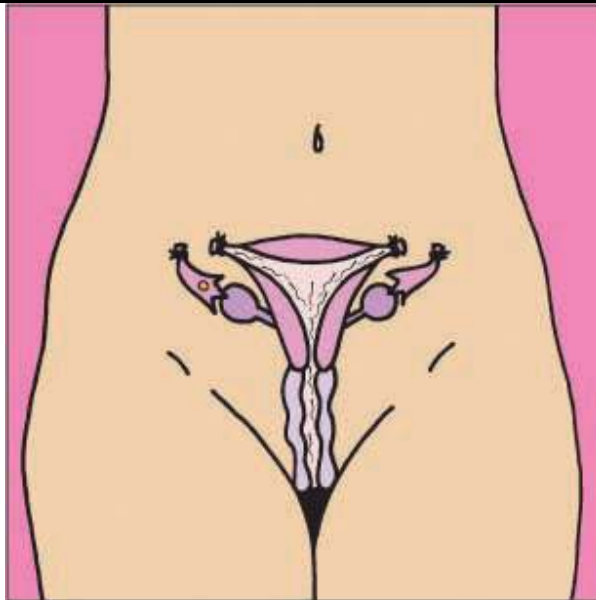
- These methods do not affect a woman or man’s ability to have sex.
- These methods are safe and do not have any long-term side effects.

? Would you and your partner feel comfortable talking about permanent methods of future pregnancy if you did not want to have more children? Why or why not?

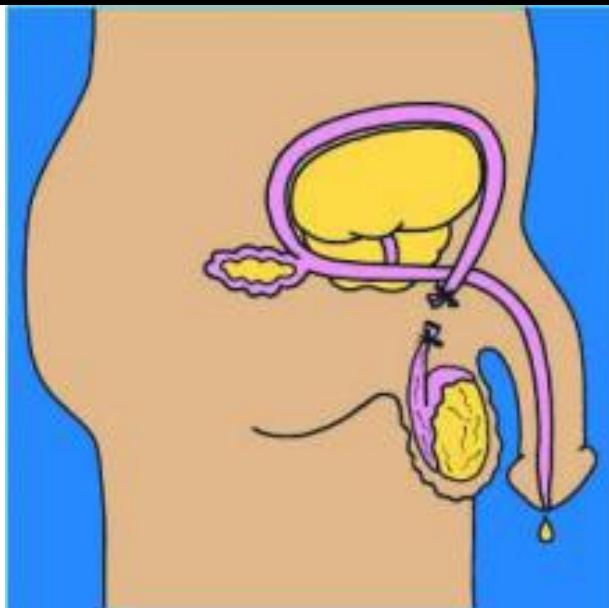


## **Picture 8.3: Tubal Ligation and Vasectomy to Permanently Prevent Pregnancy**

**Permanent methods are two of the most effective forms of pregnancy prevention.**



**Tubal ligation permanently prevents pregnancy. It prevents a woman's egg from traveling to the woman's womb to reach a man's sperm.**



**Male vasectomy permanently prevents pregnancy. The man's sperm does not enter the semen.**



## 6. Share the Meaning of Each Picture: Tubal Ligation and Vasectomy to Prevent Pregnancy (Picture 8.3)

? What do you think these pictures mean?

**Permanent methods are two of the most effective forms of pregnancy prevention.**

- These methods require no further action for the man or woman to prevent pregnancy.

**Tubal ligation permanently prevents pregnancy. It prevents a woman's egg from traveling to the woman's womb to reach a man's sperm.**

- Female tubal ligation involves making a small cut in the abdomen to cut the women's fallopian tubes.
- Fallopian tubes allow eggs to travel from the ovaries to the uterus. They are also the place where the sperm meets the egg (fertilization). By cutting the tube, the egg from the ovary does not come in contact with the sperm.
- This permanently prevents pregnancy.
- Tubal ligation can be done within seven days of childbirth, or after six weeks of childbirth.

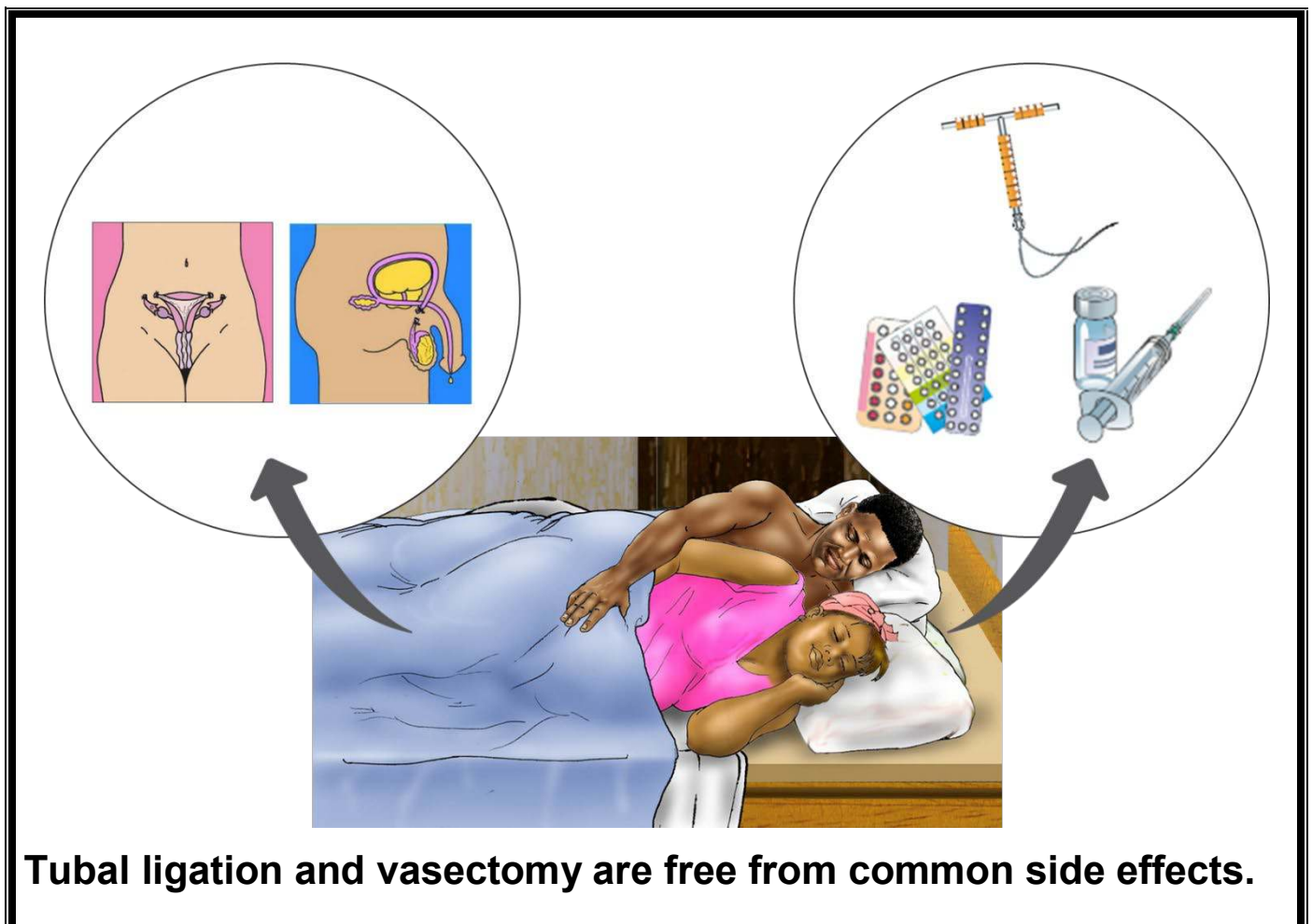
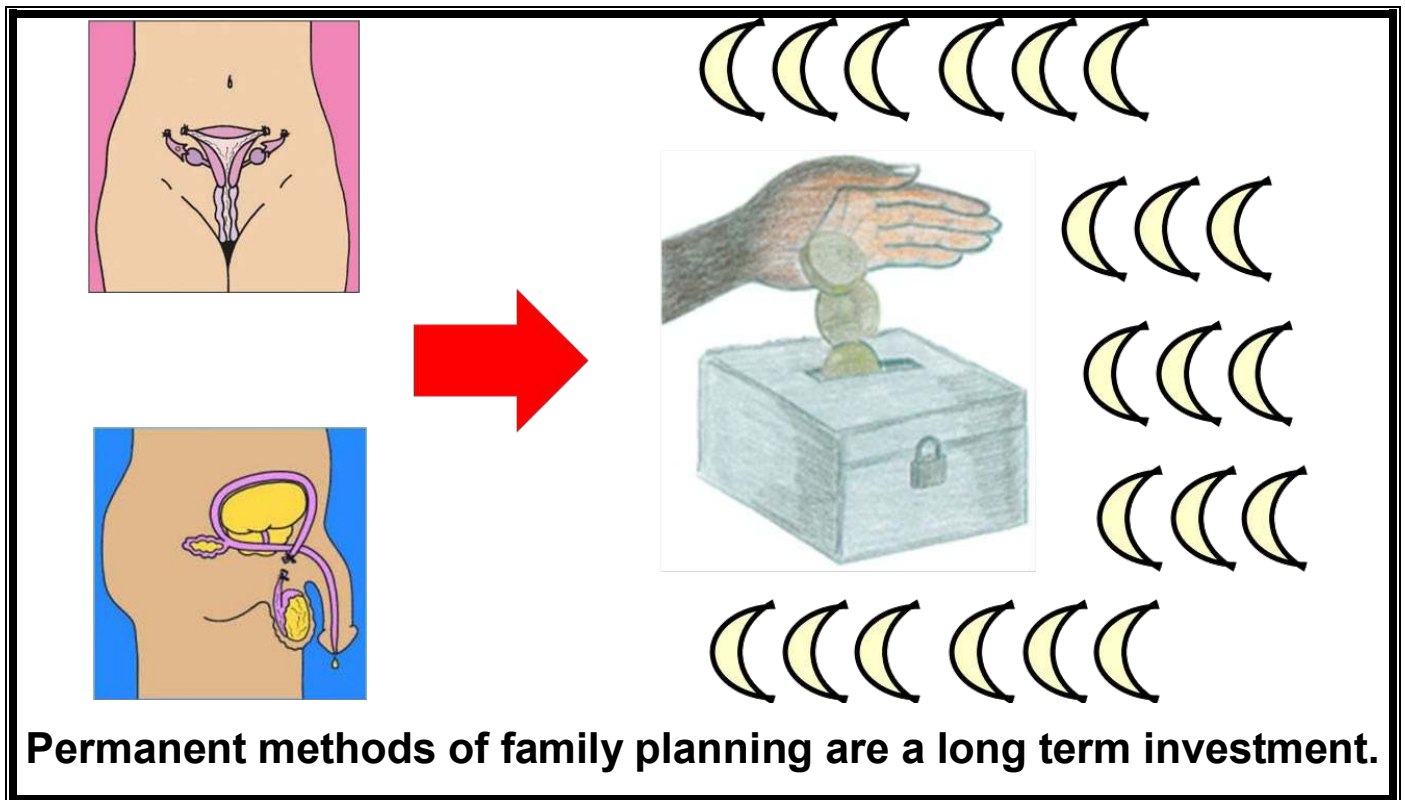
**Male vasectomy permanently prevents pregnancy. The man's sperm is does not enter the semen.**

- Vasectomy involves a puncture or small cut in the male's scrotum. The provider locates each of the two tubes that carries sperm to the penis (vas deferens) and cuts or blocks them by cutting and tying them closed.
- Vasectomy works by closing off each vas deferens, keeping sperm out of semen. Semen is ejaculated, but it cannot cause pregnancy.
- Vasectomy can be done at any time for a man.
- After vasectomy, a man will still be able to get a woman pregnant for three months. The couple should use another form of contraception during this time. This method will not affect a man's ability to have sex.

? What have you heard about permanent methods of preventing pregnancy that might encourage you to explore these options in the future?

? What questions or concerns do you have regarding these methods?

**Picture 8.4: Considerations for LAPMs**



## 7. Share the Meaning of Each Picture: Consideration for LAPMs (Picture 8.4)

? What do you think these pictures mean?

### **Permanent methods of family planning are a long term investment.**

- LAPMs may require more effort and have a higher initial cost, but over time, they are more cost-effective than other methods because there is no recurrent cost of drugs or supplies.
- While no further action is needed to prevent pregnancy, LAPMs do not protect against sexually transmitted diseases, such as HIV.

### **Tubal ligation and vasectomy are free from common side effects.**

- For both women and men, permanent methods do not change sexual behavior or sex drive.
- In women, the permanent method does not remove the uterus (womb).
- In women, the permanent method does not change a woman's monthly bleeding.
- In women, the permanent method does not cause any changes in weight, how much a woman eats or what she looks like.
- In men, permanent methods do not remove the testicles (the man's reproductive organs).
- In men, permanent methods do not change how much ejaculate (sex fluid) a man produces.

? What benefits do you see in long-acting, permanent methods of family planning?