

# Chapter 2: Community Norms

## Introduction:

Traditional beliefs and values, as well as what friends and family think, often influence whether a woman feels she can choose to have children or not, and whether she feels she can use family planning to prevent having children. It may also be harder for a woman to choose to use family planning when she has wrong information or misunderstanding about its use.

FCHVs and community promoters who are champions of family planning can help women and men understand issues and choices around family planning, make their own choices around theirs and their family's health.

The games in this chapter is designed to help community members, especially women, build their confidence to use their knowledge about family planning to become advocates for themselves and for social change.

## Key Messages:

- Women and men have equal responsibility to discuss together and make choices on having children and using family planning.
- A person's choice for whether to use family planning and for which method to use will be influenced by their age and when or if they want to have children.
- Delaying a first birth has many benefits for women, couples and families.
- Young people need reproductive health and family planning information in order to choose when they want to get pregnant.

## Games in this chapter:

Hopscotch

Additional related games:

- Hot Potato
- Agree/Disagree
- Role Play

## Materials needed for this chapter:

Chalk or tape to set up a hopscotch game