

Game E: Side Effects Puzzle



Purpose:

To distinguish between side effects and misconceptions or rumors associated with family planning methods

Materials:

Side Effects Cards (Cards 10-21) - Blue



Myths Cards (Cards 22-31) - Blue



Take Away Messages:

- Modern family planning methods may have some side effects, but most side effects disappear after a couple of months.
- It is important to learn what is true about family planning and talk to your health care provider if you have questions.
- Talk about side effects or questions with your health provider.

Introduction:

This game will help us identify what are possible side effects of family planning methods, and what are some rumors that are not true. Many of the side effects are temporary, and can be managed. Your health providers are the best source of information or and can help with these concerns.

Discuss:

- ? Do you know someone who has experienced any side effects from using family planning? What did they do about it?

How to Play:

- Mix together the side effects and myths and misconceptions cards into one set. Tell participants that for this game, they will make a puzzle by learning which side effects are “real” and which are common rumors that are not true.
- Show participants the backs of the cards, the side with a part of a picture of the happy family on it. Tell participants that for this game, they will need to create a full picture out of the cards that have the “real” side effects on them. Show them an example of the full family picture.
- Spread the cards out on the ground in front of the participants. Explain that there are 22 cards, but only the 12 “real” side effects will make the picture. There are 10 cards with common myths on them that they will need to remove.

Hint: answer any questions about side effects and myths. The side effect cards have pictures of the methods that cause them for your reference.

- Now, ask the participants to make the picture of the family. Once participants have completed the puzzle, the picture will show a happy Nepali family with two children.
- Use each of the 12 cards of the happy family picture and discuss side effects.
- Use the 10 cards that are separate from the picture and discuss about some of the rumors and myths about family planning:
 - Sometimes we hear about side effects from people in our community that may not be real or aren't caused by family planning. Show the myth cards first and tell participants that these rumors and myths are common, because family planning is important to people, but correct information isn't always easy to find. **Reinforce that these conditions are NOT necessarily attributed to a family planning method.**

Discuss:

? What are some myths or misconceptions women in your community believe? How does this change their opinions about family planning?

? **Then tell participants about some of the side effects people may experience that can be associated with family planning:**

While there are many benefits to using family planning, and there are also sometimes real side effects for our bodies when we use some family planning methods. Side effects are often not severe enough to disrupt daily activities, and often pass after several months of using a method. These side effects are a normal part of how our bodies react to the medicine in the methods.

Turn over one of the side effect cards, like "Headache" or another card, and point out the small methods pictures that indicate that this symptom can sometimes be associated with those methods.

? **Ask participants:** "Do you think that this side effect is manageable? Would the benefit of using an FP method outweigh the risk of possible experiencing this side effect?"

- Turn over the rest of the side effects cards and explain the methods on each card that can cause that particular side effect. Ask participants what they would tell someone to do if they experienced one of these side effects: the answer would be to talk to their FCHV or health facility staff.

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Final Discussion:

- ? How might you encourage your friends and family to learn more about their concerns and fears so they could know the **difference between side effects and rumors** and so they can be more comfortable to use family planning?

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

