

Chapter 3: Family Planning Information

Introduction:

In order to best encourage women and men to use modern family planning methods, it is important to make sure they have the knowledge and confidence to make a clear choice. This empowers women not only to make an informed choice about their preferred method of family planning, but also to talk with their spouses and families about the number and timing of children they would like. The game in this chapter is designed to help women learn about and talk about the different methods of family planning available in Nepal.

Key Messages:

- To prevent or space pregnancy, men and women can use modern FP methods like condom, oral pills, Depo-Provera, natural family planning methods (LAM and SDM) and other long acting reversible contraceptives like implant and IUCD.
- To limit pregnancy, permanent methods are available for both men and women.
- Couples should talk together about if and what family planning methods to use.

Games in this chapter: Game F: Method Matching Memory

Materials for this chapter:

The game in this chapter uses the Method Cards (Cards 1-9) - Orange  (Two Sets)

Each of the method cards includes:

- A picture of the method
- The name of the method

An "FP Methods Fact Sheet" with key facts about each method for your reference, including:

- How often to use or replace the method;
- How long it lasts; and
- How quickly a woman can get pregnant again after stopping the method.

Some of the cards have other important information, such as the condom card which says that condoms also protect against STIs and HIV.

If you have access to the methods that are available in your district, you may also want to bring some to show participants.