

# Chapter 4: Side Effects of Family Planning Methods

## Introduction:

Lack of access to complete, correct information about FP side effects and how to manage them, combined with local myths and rumors about how various family planning methods work in the body, mean women in Nepal often avoid family planning methods or discontinue their use. Health facility staff, district officials, female community health volunteers, and other community leaders can encourage the benefits of family planning for the health of the family.

You can be a family planning “Mythbuster:” correcting false information whenever and wherever you hear it in the community. The games in this chapter will help you distinguish between real side effects and rumors.

## Key Messages:

- Modern family planning methods may have some side effects which can be managed over time.
- Many times there is incorrect information that spreads in the community as truth.
- Only condoms protect against sexually transmitted infections (STIs) including HIV.
- Side effects or questions should be talked about with your health provider.

## Games in this chapter:

- Game E: Side Effects Puzzle
- Additional related game:
  - Game I: Side Effect Method Match

## Materials for this chapter:

The games in this chapter use the Side Effect Cards (Cards 10-21) - Blue   
Myths Cards (Cards 22-31) - Blue 

On the front of each of these cards there is:

- A picture of a common side effect or myth;
- The name of the side effect or myth; and
- Small pictures of the methods that can cause that side effect. The myths cards do not have pictures of any methods, because they are not caused by family planning methods.

Each card also has a piece of a larger picture on the back. When put together, the backs of the Side Effects Cards form a picture of a happy Nepali family. The backs of the Myths Cards have pieces of a picture as well, but they do not form any part of a larger picture when put together.