

Game I: Side Effect Method Matching



Purpose:

To learn which methods cause which side effects and discuss concerns about side effects of family planning.

Materials:

Methods Cards (Cards 1-9) - Orange 

Side Effect Cards (Cards 10-21) - Blue 

Take Away Messages

- Family planning methods may have some side effects. These often disappear after a few months or alternatives can be found.
- Talk about side effects, questions about family planning methods, or alternatives with your health provider.

Introduction:

This game will help us identify what the expected side effects associated with various family planning methods. Our health providers are the best source of information and can help you if you have any concerns about a side effect or a family planning method.

How to Play:

- Mix together the methods cards with the side effects cards.
- Pass out the cards to the participants until all the cards are distributed.
For a larger group, each participant may only have one card. For smaller groups, each participant may have multiple cards.
- Ask the participants if they have questions about the pictures or words on the cards they are holding, in case they are not clear about what cards they are holding.
- Ask the participants holding cards with family planning methods to hold them up and say which method they are holding.
- Ask the participants holding cards showing side effects to hold them up and say which side effect their card represents.
- **Ask:** Does anyone here know people who may use these methods and who may experience side effects? What have they done about it?
- **Tell:** Some family planning methods have side effects. Often these go away after a few months. If they don't go away, your health service provider might be able to help you manage them or to find another method.
- **Ask:** Does anyone know of any side effects that they don't see here? Any examples?

- **Tell:** People sometimes have wrong information – that is they believe there may be side effects when it isn't really true. If you think you know some side effects that you don't see here, please check with your health service provider to understand why you may not need to worry about it.
- Tell the participants that they are going to form pairs or small groups by connecting appropriate side effect cards with the related family planning method. When you say go, each person holding a card with a family planning method on it should find at least one other person holding a card with a side effect caused by that method.

Note – there may be more than one method that a particular side effect will match with (the same side effects correspond with several hormonal methods), and there may be some methods (condoms, standard days method, sterilization) with no side effects.

- Say “GO.” When most people have found a partner or group, say “STOP.”
- Ask the women holding cards with methods to hold them up again. Take turns going to each person with a method card and having them introduce their partners or groups and what side effect cards they are holding.

As the participants are doing their introductions, you, as the facilitator, need to make sure that the side effect cards are correct: each side effect card has pictures of the methods that it can be caused by on it.

- **Ask:**
 - Do all methods have side effects?
 - Are there some side effects that may show up with more than one method?
- **Tell:**
 - You will notice that not all methods have side effects. While side effects are often manageable, there are alternative methods if the side effects are difficult to manage.
 - You will also notice that many of the hormonal family planning methods (pills, Depo, and implants) may have similar side effects.

Discuss:

- ? What side effects are you worried about? What information would help you be less worried?
- ? Are there benefits to family planning that make some side effects worth risking? Why?

- 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.**