

# ANNEX A

STORY CARDS - SUPPORT

STORY CARDS - CHOICE

ACTIVITY CARDS





# How to use the activity cards



## WHY CARRY OUT THESE ACTIVITIES?

- To help your family and friends discuss modern family planning and methods for child spacing.
- To teach certain facts about family planning and help people share lessons learned.
- These activities are fun to do!

## WHEN TO CARRY OUT THESE ACTIVITIES?

You can do these activities:

- At the beginning or end of a meeting.
- At a meeting specifically organized to carry out these activities.
- With your friends and family.

## WHERE TO CARRY OUT THESE ACTIVITIES?

You can carry out these activities in any place where people gather:

- In a public place, such as a church or a communal area.
- In a private place, such as a house or someone's property.
- Outdoors, such as a soccer field or under a tree.
- Any other place where 2 or 3 people can get together to discuss family planning. Read the instructions carefully before beginning the activity.

## HOW TO USE THESE ACTIVITIES?

Each activity card has 5 parts:

- **OBJECTIVES:** This part explains the goal of the activity.
- **PREPARATION:** This part explains what you should do before starting the activity.
- **ADVICE:** This part gives you advice about how to carry out activities.
- **INSTRUCTION:** This part gives you instructions for carrying out activities.
- **CALL TO ACTION:** This part gives you a message to read at the end of the activity.

## HOW TO CARRY OUT THESE ACTIVITIES?

Read the instructions carefully before beginning the activity.

Announce ground rules to the team:

- Everyone has the right to speak.
- Respect the opinion of others. Everyone should feel comfortable, and no one should be judged for what they say.
- Everything that is shared during the activity is confidential, unless the person who speaks explicitly mentions that you can share this information with others.



SHOW



ASK



ORGANIZE



DISCUSS



READ or  
LEAD



### Responding to unmet family planning needs



# Getting to Know One Another

## Activity 1: Small group discussions



### OBJECTIVES

- To get to know one another better.
- To share information about family planning (methods for having the desired number of children, when one wants).
- To discuss how people talk about family planning among themselves.
- To listen to people who are not accustomed to speaking in public.



### TIPS

- Speak clearly and loudly so that everyone can hear you.
- Ask participants if they understand what you read. If they do not understand, explain again.
- Make sure that everyone has chance to speak. Invite those who do not say anything to speak.



### PREPARATIONS

Read the entire sheet before starting the activity.

## INSTRUCTIONS FOR THE ACTIVITY

### PART 1: Small group activity

- 👁️ Show the image to participants.
- 👂 Ask them what they see.
- 📖 Organize the activity. Ask participants to form small groups of 3 people. Explain that each group should spread out so that the others do not hear their conversations.
- 🔊 Read this text out loud :  
*Today we will talk about our families and how to help each family have the number of children they want, when they want them. I will read three questions. Discuss these questions within your small groups.*  
*Each member of your group should contribute to the conversation. We will be talking about private matters so no one is allowed to repeat what you said, unless you give them permission to do so.*
- 🔊 Read the following questions out loud. Leave some time after each question so that group members can discuss.  
*Do husbands and wives often talk about family planning together? Why or why not?*  
*What do you think of husbands and wives who talk about family planning together?*  
*How does talking about family planning within the couple change the relationship between husband and wife?*

### PART 2: Large group activity

- 🗨️ Bring participants back together into a single group. Read the following questions out loud and exchange your points of view. Ask 2 or 3 people to answer each of the following questions:  
*What are the advantages of husbands and wives talking about family planning together?*  
*Why might it be difficult to talk about these issues?*  
*What can help a husband and wife talk about family planning together?*
- 👁️ Show the image to participants again.
- 👂 Ask them what they see now.
- 🔊 Read this text out loud :  
*For the benefit of their family, husbands and wives should talk about how many children they want, when they want them, the number of years between children, and how to avoid unwanted pregnancies. The couple will be happier if they can talk about matters that concern their family.*

### PART 3: Call to action!

- 🔊 Speak loudly as you read the following:  
*This week, try to talk with your husband or wife about family planning. Next time the group gets together, you can share what happened.*



### Responding to unmet family planning needs



# Having Children

## Activity 2 : Agree or disagree



### OBJECTIVES

To talk about different values and preferences for childbirth and family planning.



### TIPS

- Participation is voluntary for this exercise.
- Encourage participants to listen without orienting them.
- It is helpful to have a health worker present during this activity. If that is not possible, encourage participants to seek information at Health Centers.
- Catalyzers should not provide information on family planning.



### PREPARATIONS

- Read the entire sheet before starting the activity.
- You can ask another Catalyzer to help you lead this activity, preferably someone of the opposite sex.
- It is preferable not to have more than 20 people for this activity.
- It is preferable to separate women and men for this activity. Once they build trust, they will talk about these matters together.

## INSTRUCTIONS FOR THE ACTIVITY

### PART 1: Activity

- 🔊 Ask the group to talk for several minutes about personal actions taken since the last meeting.
- 👁️ Show the image to participants
- 🗣️ Ask them what they see.
- 📖 Direct the activity. Read this text out loud:
 

Today we will talk about couple communication and the values related to fertility. I am going to read a statement. Those who agree with the statement will stand 3 meters to my right. Those who do not agree will stand 3 meters to my left. Those who neither agree nor disagree will stand in the middle. Then, you will have a chance to explain why you agree or disagree with the statement.

Respect everyone's choice. The goal is not to convince others, but to listen to what others think and share ideas.
- 🗣️ Ask participants if they understand. If they do not understand, explain again.
- 🔊 Direct the activity. Chose 2-3 statements from the list below. Read and repeat each statement to make sure that everyone understand.
  - After each statement, give participants a minute to choose their side.
  - Ask 2 or 3 people from each side to explain their choice.

Statement 1: A woman who gives birth to a boy has more worth.

Statement 2: If a woman uses contraception secretly, it is because she is a prostitute.

Statement 3: Only men can decide when to start/stop family planning.

Statement 4 : A man is respected even if he only has a few children.

Statement 5 : A woman can refuse to make love to her husband.

### PART 2: Discussion

- 🔊 Talk about what the group learned from this activity.
- 🗣️ Discuss the following questions. Ask 2 or 3 people to answer each of the following questions :
 

Why do certain people think that you need to have many children to be respected ?

Is it easy or difficult for a woman to talk about family planning or sexual relations with her husband ? Explain. And for the husband ?
- 👁️ Show the image to participants again.
- 🗣️ Ask them what they see now.
- 🔊 Read this text out loud :
 

Sometimes people do not have the same vision about how many children they want and when they want children, or whether they should use family planning.

Many births raise awareness of these issues. People do not see men and women who have few or no children in the same light.

When a husband and wife trust each other, they can make the best decision about family planning together, without worrying about what others say.

### PART 3: Call to action !

- 🔊 Speak loudly as you read the following:
 

This week, talk to members of other groups, friends or family. You can also talk to other people about family planning. Next time the group gets together, you can share what happened.



### Responding to unmet family planning needs



# Family Planning

## Activity 3 : True or False



### OBJECTIVES

To learn the truth about family planning.



### TIPS

- Speak clearly and loudly so that everyone can hear you.
- Give everyone a chance to speak, even those who are shy.
- It is helpful to have a health worker present during this activity. If that is not possible, encourage participants to seek information at Health Centers.
- We do not expect Catalyzers to be family planning experts.



### PREPARATIONS

- Read the entire sheet before starting the activity.
- For this activity, ask for help from a community health worker or other health worker who knows about family planning.
- Study the statements with this person to make sure you know the right answers.

## INSTRUCTIONS FOR THE ACTIVITY

### PART 1: Activity

Talk about what happened since the last meeting.

Ask the group to talk for several minutes about personal actions taken since the last meeting.

Show the image to participants.

Ask them what they see.

Read this text out loud :

*Today, we will discuss ways to improve our family planning knowledge so that we can control and manage births. I am going to read several statements to you, and you will tell me if you think these are True or False.*

Ask participants if they understand. If they do not understand, explain again.

Direct the activity. Choose 3-4 statements from the list below. Read the statements and ask participants if they think they are True or False. Allow the group to share some ideas, then reread the question and tell them the right answer. If participants still have questions, refer them to health workers. Repeat the same process with each statement.

Statement 1: *Using family planning methods can cause infertility or result in malformed children.*

Answer : *False. Family planning methods are safe for the mother and future children. If she wants, the woman can get pregnant once she stops using family planning.*

Statement 2 : *A woman cannot get pregnant while breastfeeding.*

Answer : *False. A woman who breastfeeds can get pregnant if she has unprotected sex.*

Statement 3: *Women who get sick from using birth control pills/ injectables can use an IUD to avoid getting pregnant.*

Answer : *True. The IUD does not contain any chemical agents. Women who use IUDs sometimes have heavier menstrual cycles.*

Statement 4: *A woman can use CycleBeads to avoid pregnancy without her husband knowing.*

Answer: *False. The woman must talk to her husband about avoiding unprotected sex during her fertile period.*

Statement 5: *Changes in the menstrual cycle when using injectables, birth control pills or implants can prevent fertility in the future.*

Answer : *False. Changes in the menstrual cycle are normal, and do not have any impact on future fertility once you stop using family planning.*

### PART 2: Discussion

Read this text out loud :

Let's talk about what we learned during this activity.

Ask 2 or 3 people to answer the following questions :

*Were you surprised by anything that you learned about family planning? If so, by what?*

*Why is it important for people to know the truth about family planning?*

*How can you get more information about family planning?*

Show the image to participants again.

Ask them what they see now.

Read this text out loud :

*It is important to know the truth about family planning : contraceptives are safe for both women and children. Family planning can help us plan for births and make good decisions for our family. You can always ask for more information from a health worker or pharmacist. Teach others the truth about family planning in your home town if you hear people spreading falsehoods.*

### PART 3: Call to action !

Speak loudly as you read the following :  
Choose one person from your group and share what you learned. You can also get additional information from local health centers. Next time your group gets together, you can share what happened.



### Responding to unmet family planning needs



# My Dear Auntie

## Activity 4: Small group discussions



### OBJECTIVES

To learn to give advice to women about how to talk about family planning with their husbands.



### TIPS

- Speak clearly and loudly so that everyone can hear you.
- Ask participants if they understand what you read. If they do not understand, explain again.
- Give everyone a chance to speak, even those who are shy.



### PREPARATIONS

- Read the entire sheet before starting the activity.
- You can ask another Catalyzer to help you lead this activity, preferably someone of the opposite sex.
- It is preferable not to have more than 20 people for this activity.
- It is preferable to separate women and men for this activity so they can speak more freely about sensitive topics.

## INSTRUCTIONS FOR THE ACTIVITY

### PART 1: Activity

- 🗨️ Talk about what happened since the last meeting.
- 👂 Ask the group to talk for several minutes about personal actions taken since the last meeting.
- 👁️ Show the image to participants.
- 👂 Ask them what they see.
- 📄 Direct the activity. Ask participants to form groups of 3 people. Explain that each group should spread out so that the others do not hear their conversations.
- 🔊 Read this text out loud :

*I am going to read the story of Claudine, who is asking for advice from her aunt.*

*Claudine goes to see her aunt: "Auntie, as you know I have three children that I adore and I want to be able to take care of them. I am afraid to get pregnant now because we will not have the money to feed them, care for them, dress them, and educate them.*

*I avoid having sexual relations on the days when I think I can get pregnant. Sometimes, I pretend to be sick, or I go stay with my sister for a while. I also use the traditional belt method. Last time, I did the same thing but I still got pregnant.*

*The health worker recommended several family planning methods: the pill, the injectable, the IUD or even CycleBeads, which allow you to know which days you can get pregnant.*

*I need your help because I cannot do anything without speaking to my husband Charles. I would like to speak to Charles about all of these different methods without upsetting him so that we can select a method together. But we never speak of these things."*

- 👂 Ask participants if they have questions, and answer their questions.

- 🔊 Read the story out loud again.

### PART 2: Discussion

- 🔊 Read this text out loud :  
*In your small groups, take 10 minutes to talk about what advice you would give to Claudine.*
  1. *Talk about how she could explain that family planning is good for her family.*
  2. *Also talk about how Charles might react and how Claudine can prepare for his reaction.*
- 🗨️ Discutez Bring participants back together in a single group. Read the following questions out loud, and share your points of view. Ask 2 or 3 people to answer the following questions. Encourage group members to respond to others' questions.
  - What advice would you give Claudine about how to initiate the discussion about family planning with her husband?
  - Why are some men opposed to family planning?
  - What might stop you from giving advice to Claudine? Why?

- 👁️ Show the image to participants again.

- 👂 Ask them what they see now.

### PART 3: Call to action!

- 🔊 Speak loudly as you read the following :  
*It is sometimes difficult to speak to your husband or wife about family planning. You can introduce the topic of family planning by talking about how to feed, dress, and pay for children's education. This type of discussion can reinforce the couple's relationship. Other women and men from the village may need advice like the advice that you gave to Claudine. Try to talk to someone about what you learned from this activity. The next time that the group gets together, you can share what happened.*



### Responding to unmet family planning needs



# Who can support us ?

## Activity 5 : Role Playing



### OBJECTIVES

To identify people who can help us use family planning and practice speaking with them.



### TIPS

- Speak clearly and loudly so that everyone can hear you.
- Give everyone a chance to speak, including women and young girls, and those who are shy.



### PREPARATIONS

- Read the entire sheet before starting the activity.
- You can ask another Catalyzer to help you lead this activity, preferably someone of the opposite sex.
- Prepare to play the role of brave young people and older people who want to talk about family planning.

## INSTRUCTIONS FOR THE ACTIVITY

### PART1: Role playing with a partner

- Talk about what happened since the last meeting.
- Ask the group to talk for several minutes about personal actions taken since the last meeting.
- Show the image to participants.
- Ask them what they see.
- Read this text out loud :
 

*In life, we ask friends, neighbors and our elders for advice. Think about family planning and the choice to have children. Would you like to talk to someone?*

*I am going to read the story Dear Auntie that we are already familiar with, and we will play the roles from this story in groups of two.*
- Ask participants if they understand. If they do not understand, explain again.
- Direct the activity.
  1. Pair up the participants.
  2. Read Dear Auntie :
 

*Claudine goes to see her aunt: "Auntie, as you know I have three children that I adore and I want to be able to take care of them. I am afraid to get pregnant now because we will not have the money to feed them, care for them, dress them, and educate them.*

*I avoid having sexual relations on the days when I think that I can get pregnant. Sometimes, I pretend to be sick, or I go stay with my sister for a while. I also use the traditional belt method. Last time, I did the same thing but I still got pregnant.*

*The health worker recommended several family planning methods: the pill, the injectable, the IUD or even CycleBeads, which allow you to know which days you can get pregnant.*

*I need your help because I cannot do anything without speaking to my husband Charles. I would like to speak to Charles about all of these different methods without upsetting him so that we can select a method together. But we never speak of these things."*

3. Talk with your partner, each taking turns to play the role of Claudine, the other playing the role of the Auntie, the adviser in real life.
4. Like Claudine and her Auntie, practice asking for advice about communication with a husband/wife on the use of family planning.

### PARTIE 2: Discussion

- Read this text out loud :
 

*Let's talk about what we have learned during this activity.*
- Ask 2 or 3 people to answer the following questions :
 

*How was your experience as the person asking for advice? Why was it easy or difficult?*

*Is it difficult for you to find someone to ask for advice? Why?*

*What can help you talk about family planning with your elders?*
- Show the image to participants again.
- Ask them what they see now.
- Read this text out loud :
 

*In life, our family, friends, and wise elders give us good advice about topics that they are experts on, but they can also lead us to make mistakes if they do not have accurate information. We must analyze and discuss advice with several people because good health decisions improve the life of the community.*

### PART 3: Call to action !

- Speak loudly as you read the following :
 

*Talk about family planning with someone that you trust. Pay attention to how this person can or cannot change your opinion about family planning. The next time that the group gets together, you can share what happened.*