

CARD 1

- Now we are going to look at all of your family planning options using this poster. The methods are hidden under the colors.
- In order to understand all methods, we will toss the die to reveal them one by one.
- I will ask a volunteer to toss the die and it will land on a color. The colors on the die are the same as the colors on the poster.
- I will read the card of that color and all of you will guess which method I am explaining.
- Once you've guessed, I will lift up that color on the poster.
- Then another volunteer can toss the die.
- We will continue this until we have revealed all the methods.
- Before we begin, I would like to share some information that applies to all the methods. It is important that you talk to your health care provider about any medical issues you have before making your final method choice.
- **While pregnant women cannot use family planning methods, some methods become available to women directly after giving birth. If you are currently pregnant or a new mother, talk to a health care provider about which methods you can use and when other methods will become available to you.**



NEXT



CARD 2

- While pregnant women cannot use family planning methods, some methods become available to women directly after giving birth. If you are currently pregnant or a new mother, talk to a health care provider about which methods you can use and when other methods will become available to you.
- Many women never get side effects from the methods. If you do get side effects, some common ones are irregular bleeding and changes in your menstrual cycle.
- Each woman can experience different side effects in different ways. It's similar to how each woman experiences pregnancy in a different way, like how some feel very nauseous and others do not.
- For those who have side effects, they are more common right when you start using a method or if you don't use the method as instructed.
- Side effects often lessen over time, but if they do not you should speak with your health care provider.
- Side effects are normal, but providers can help you manage your side effects. For example, they may be able to provide you with medication to regulate bleeding.



NEXT

CARD 3

- On the poster you can see 2 images that represent different topics that might be important to you when choosing a method.
- (*Point to the pregnant woman*) This shows you how quickly you can get pregnant again after stopping the method. Remember that is best for your health and your baby's to space your next pregnancy at least 2 years after your last birth.
- (*Point to the thinking woman*) This shows you what you must remember to do while you are using the method. For example: how often you need to come back to the health facility to get refills of your method.
- When we reveal a method, you can see each image and how it relates to the method, based on the colored circle around the image.
- You can think about which of the topics represented by these images is important to you.
- After we reveal all the methods, you will see that they are listed in order of effectiveness, the methods in the top line are the most effective methods.



C CARD 4

- Each image will be circled by a different color, red, green or yellow.
- If the image is in red – it means you probably would not want to use this method if the specific topic is important to you. For example, if you want to have another baby, but the pregnant woman is in red, you might not want to use the method.
- If a specific topic is important to you and has a green circle, you could consider this method!
- Yellow means there are many things to consider when choosing this method and you should talk to your provider to learn more.
- After we reveal all the methods, you will be able to see the color for each image for all of the methods.
- This can help you compare the methods.
- Feel free to ask us any and all questions during your one-on-one family planning consultation after the health talk!
- *Who would like to toss the die first?*

Start with that volunteer tossing the die





You can have your next baby whenever you're ready, in a short time or in a long time. When you want to have a baby, you can get pregnant right after you have the method removed by a trained provider. There is no charge to have the method removed.



You must only come to the clinic one time to get the method and then you're protected from pregnancy for up to 10 years or whenever you decide to stop using the method.

Which FP Method is this?

Don't read: (IUCD)





If you use this method correctly, you can have your next baby whenever you're ready, in a short time or in a long time. If you want to get pregnant, it might take you up to 6 months after you stop this method. However everyone's bodies are different and some women could get pregnant sooner.



You must return to the health facility every three months to get this method again. You can not forget or come to the clinic late or this method won't be effective.

Which FP method is this?

Don't read: (Injection – Depo-Provera or Sayana)



the 1990s, the number of people who have been employed in the public sector has increased in all countries. The increase has been particularly large in the United Kingdom, where the public sector has grown from 15% of the total labour force in 1980 to 25% in 1998. In the Netherlands, the public sector has grown from 12% to 18% of the total labour force in the same period.

The increase in the public sector has been driven by a number of factors. One of the main factors is the increase in the number of people who are employed in the public sector. This is due to a number of reasons, including the fact that the public sector is becoming more important in the economy. In addition, the public sector is becoming more attractive to people, particularly those who are looking for a secure job. Finally, the public sector is becoming more important in the economy, particularly in the areas of health care and education.

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This method is nonreversible and you should only use it if you are sure you do not want to have another baby.



You or your partner must come to the clinic once and then whoever gets the method is permanently protected against pregnancy for the rest of their life.

Which FP method is this?

Don't read: (Bilateral tubal ligation and Vasectomy)





If you use this method correctly, you can have your next baby whenever you're ready, in a short time or in a long time. When you want to have a baby, you can get pregnant right after you stop the method.



You must use this method every time you have sex. You must ensure it does not break and you use it correctly in order to be protected from pregnancy.

Which FP method is this?

Don't read: (Condoms)





If you use this method correctly, you can have your next baby whenever you're ready, in a short time or in a long time. When you want to have a baby, you can get pregnant right after you stop the method.



You must take this method every day at the same time. You must return to the clinic every time you need a refill. You can not forget or come to the clinic late or this method won't be effective.

Which FP method is this?

Don't read: (Oral contraceptives)



the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 12.5 million, and the number of people in the public sector who are employed in health care has increased from 2.5 million to 3.5 million (Department of Health 2000).

There are a number of reasons for this increase. One of the main reasons is the increasing demand for health care services. The population of the UK is ageing, and there is a growing number of people with chronic conditions such as diabetes, heart disease, and cancer. This has led to an increase in the number of people who need to be treated in hospitals and other health care settings.

Another reason for the increase is the expansion of the public sector. The government has invested heavily in health care over the past few decades, and this has led to an increase in the number of people who are employed in the public sector. This includes not only those who are employed in health care, but also those who are employed in other public sector jobs such as education and social care.

There are a number of challenges facing the public sector in the UK. One of the main challenges is the increasing demand for health care services. The population is ageing, and there is a growing number of people with chronic conditions. This has led to an increase in the number of people who need to be treated in hospitals and other health care settings.

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There are a number of ways in which the public sector can be improved. One way is to increase the efficiency of the public sector. This can be done by reducing the number of people who are employed in the public sector, and by increasing the productivity of those who are employed. This can be done by introducing new technologies and by improving the way in which the public sector is managed.

Another way to improve the public sector is to increase the quality of the services that are provided. This can be done by increasing the number of people who are employed in the public sector, and by improving the way in which the public sector is managed. This can be done by introducing new technologies and by improving the way in which the public sector is managed.

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You can have your next baby whenever you're ready, in a short time or in a long time. When you want to have a baby, you can get pregnant right after you have the method removed by a provider.



You must only come to the clinic one time to get the method and then you're protected from pregnancy for up to 3 or 5 years, or whenever you decide to stop using the method. There is no charge to have the method removed.

Which FP method is this?

Don't read: *(Implant)*



