## 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.









## 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.









- 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 oneon-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

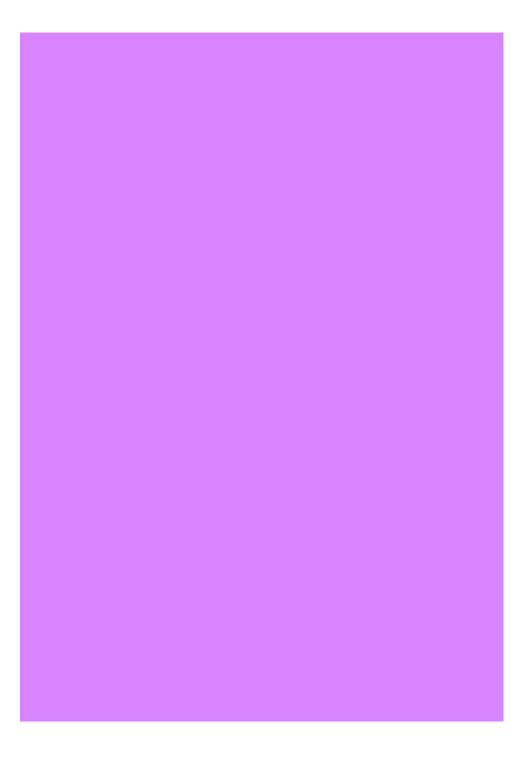
Which FP Method is this?

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)











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.

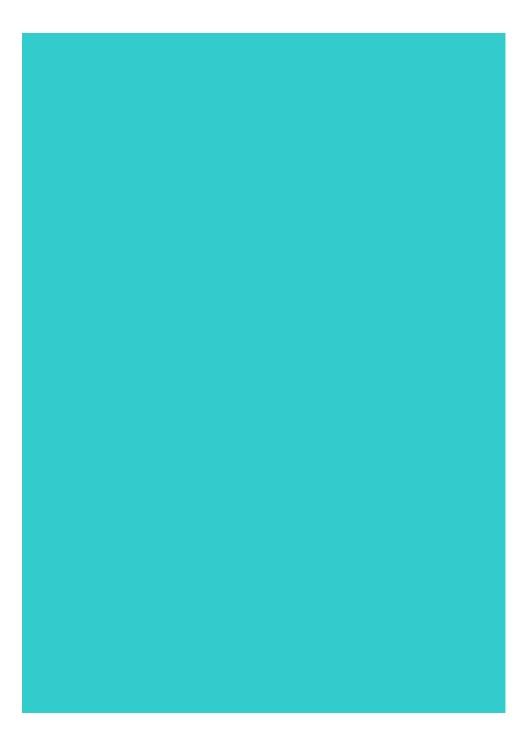
Which FP method is this?

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)









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)







