

INSTRUCTIONS



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FLASH CARDS

to lower contraception discontinuation during community gatherings

ABOUT THIS TOOL

This card game is a draft solution (prototype) designed to be tested during community gatherings. It aims to address the following needs and opportunities against contraception discontinuation :

- Participative, celebratory events are successful ways of connecting with the community and can reduce the sensitive aspect of family planning (FP) topics.
- Women strongly rely on information coming from their partner, friends, family members and community members, who can have false or outdated information.
- Raising awareness and deconstructing stigmas throughout the community is a mandatory step in reducing the spread of biases and hearsay.
- Having a trusted person (such as a community leader) helps support the diffusion of accurate FP information.
- Reaching out to women outside of the healthcare provider network is key to containing contraception discontinuation.

Both community leader and healthcare provider must read the instructions cards before planning the activity.

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PREPARATION

These cards are made to help a local community leader and a local family planning (FP) healthcare provider facilitate community discussions concerning contraception discontinuation.

The tool is designed for use in a group of 10 to 25 people, consisting of women of reproductive age, their male partners, and people who may influence their contraceptive decisions (e.g. friends, mothers, mothers-in-law). These individuals must:

- be members of the local community.
- be able to understand and speak the language spoken by the facilitators of this activity.
- be available and willing to share for about 1 hour.

Community discussions will be planned and organized by a local community leader and a local FP healthcare provider, both responsible for planning and facilitating the discussions. **3 posters are provided with this card deck, to inform community members of this event. The posters will be placed several weeks before the event in places where women, their partners and influencers regularly pass by (townhall, health and community centers).**

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FACILITATION

The facilitators are: one local community leader and one family planning (FP) healthcare provider. When planning the community activity, they will review all cards in the deck. They will see that some cards are meant to be developed by them, to best fit local practices and people. They can also remove any card they think will be counterproductive to the activity.

- Instructions for the facilitators during the event, are written in this style :

[Abcd efghijk lmnopqrstu vw xyz.]

- The content that must be read aloud to the participants is written in this style :

[Abcd efghijk lmnopqrstu vw xyz.]

and marked by the following symbol :



- The cards that must be completed before the activity are indicated by this symbol :



GETTING STARTED



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INTRODUCTIONS

[The community leader and the healthcare provider ask participants to sit down, before reading:]

Welcome to this community discussion about contraception discontinuation.



Together, we will learn and share important health information for about an hour. And we hope to have fun in the process!

But first, please present yourself by sharing :

- your name,
- the reason why you came to this event,
- your “superpower”.

Then pass the object to the person beside you, for him/her to talk.

[The community leader and the healthcare provider start by presenting themselves, before giving an object (wooden stick, ball) to the next speaker. Examples of superpowers : “I am an excellent swimmer”, “I am a great listener”, “I can repair anything”.]

GETTING STARTED



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COMMITMENT

[The community leader and/or healthcare provider must read this aloud to participants before starting. They will make sure all participants understand. They have a plan in place for how they will respond to any participants who may not wish to participate.]

We ask that all information shared during this activity will be kept confidential. Your participation is voluntary and there will be no compensation for your time.



This activity will help you understand each other's needs and experiences through contraception and possible side effects. During our time together, there will be no wrong question or answer. We are here to learn so you can make the best decisions for your own health or that of your family.

If you have understood this information, please confirm your participation by saying “yes”.

GETTING STARTED



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ICE BREAKER

[The community leader and/or healthcare provider are invited to create (and write below) a 2-3 minutes activity to “break the ice”. What do we mean by that ? Ice breakers are short, fun games, dances or exercises that help participants feel at ease as a group, or get to know each other, and prepare them for the discussion.]



JARGON QUIZZ



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QUIZZ

[For this quizz, the community leader and/or healthcare provider will ask participants to define in their own words the FP jargon. They will help participants with the definitions when necessary, and make sure that all terms are understood by all.]

Let's start this discussion by making sure we all feel at ease with terms we will be using today.



What does **family planning** mean?
Could one person describe that to the group?

What does **contraception method** mean?
Could one person describe that to the group?

What does **side effects** mean?
Could one person explain and give examples?

What does **switching methods** mean?
Could one person explain and give examples?

JARGON QUIZZ



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QUIZZ

[We invite the community leader and the healthcare provider to write more questions below, that will help participants define and understand the words that will be used during the discussion.]



DIALOGUES



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INSTRUCTIONS

[During the Dialogues part of the activity, participants will open up and build trust by discussing in small groups, for 10 minutes. The community leader and the healthcare provider will help the small groups if encounter challenges.]

Please pair up with someone you don't know, to form a small group of 2 to 3 persons maximum.



Each small group picks one **dialogue card from this deck, and sits a little away from the next group to ensure minimum privacy.**

Within each group, each person will answer to the question(s) on their card. You will have 10 minutes in total, so make sure all members of your group have time to answer.

If you need help, please raise your hands and we will come to you.

DIALOGUES



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DIALOGUE CARD

**What do you / would you do
when feeling contraception
side effects ?**

If you are not / cannot use a
contraception method, feel free
to ask questions about side
effects to your group members.

**One person in the small group reads
the question out loud. Each group
member answers openly.**

DIALOGUES



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DIALOGUE CARD

**What support would you
need along your family
planning journey ?**

If you do not use family
planning services, feel free
to ask questions about your
group members' needs and
experiences.

**One person in the small group reads
the question out loud. Each group
member answers openly.**

DIALOGUES



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DIALOGUE CARD

Who do you go to, to find support for family planning matters ?

If you do not use family planning services, feel free to ask questions about your group members' needs and experiences.

One person in the small group reads the question out loud. Each group member answers openly.

DIALOGUES



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DIALOGUE CARD

How do you receive the family planning information that you trust the most ?

If you do not use family planning services, feel free to ask questions about your group members' needs and experiences.

One person in the small group reads the question out loud. Each group member answers openly.

DIALOGUES



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DIALOGUE CARD

Have you had a bad experience with a family planning method ? If yes, how did it affect you ?

If you do not use family planning methods, feel free to ask questions about your group members' experiences.

One person in the small group reads the question out loud. Each group member answers openly.

DIALOGUES



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DIALOGUE CARD

Have you ever switched methods ? Why and how was it like ?

If you do not use family planning methods, feel free to ask questions about your group members' experiences.

One person in the small group reads the question out loud. Each group member answers openly.

DIALOGUES



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DIALOGUE CARD

Have you ever switched methods ? Why and how was it like ?

If you do not use family planning methods, feel free to ask questions about your group members' experiences.

One person in the small group reads the question out loud. Each group member answers openly.

DIALOGUES



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DIALOGUE CARD

[We invite the community leader and the healthcare provider to write more questions below, that will help participants open up and start discussions around family planning, contraception methods, switching, or discontinuing a method.]



One person in the small group reads the question out loud. Each group member answers openly.

DIALOGUES



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DIALOGUE CARD

[We invite the community leader and the healthcare provider to write more questions below, that will help participants open up and start discussions around family planning, contraception methods, switching, or discontinuing a method.]



One person in the small group reads the question out loud. Each group member answers openly.

DISCUSSIONS



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INSTRUCTIONS

[During the Discussions part of the activity, the community leader and the healthcare provider will ask questions to participants. They hey will help participants share about family planning, contraception and discontinuation, and get accurate information, for about 30 minutes.]

Please gather into one big group, for a discussion about your family planning and contraception experiences, questions and needs. We will use the **discussions cards from this deck, to start and lead the conversation, We will have 30 minutes in total, and hope you will all feel at ease to participate.**



The goal of this community discussion is to reduce the sensitive aspect of family planning topics, learn how to find accurate information and deconstruct biases around family planning, and to help women find the method that best suits their needs.

DISCUSSIONS



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DISCUSSION CARD

[The community leader and/or the healthcare provider read several discussions cards to participants out loud. They hey will help participants share about family planning, contraception and discontinuation, and get accurate information, for a total of 30 minutes.]

Question to husbands :



Have you ever had disagreements with your partner about using family planning counseling and/or contraception methods ?

If so, what was it about ?

**One or more persons answer.
Facilitators invite participants to discuss the situation(s) and provide accurate information when necessary.**

DISCUSSIONS



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DISCUSSION CARD

[The community leader and/or the healthcare provider read several discussions cards to participants out loud. They hey will help participants share about family planning, contraception and discontinuation, and get accurate information, for a total of 30 minutes.]

Question to users :



What concerns to you have when using family planning methods ?

Who do you share those concerns with ?

**One or more persons answer.
Facilitators invite participants to discuss the situation(s) and provide accurate information when necessary.**

DISCUSSIONS



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DISCUSSION CARD

[The community leader and/or the healthcare provider read several discussions cards to participants out loud. They hey will help participants share about family planning, contraception and discontinuation, and get accurate information, for a total of 30 minutes.]

Question to all :



What are the times when a woman and/or a man should seek professional help with regards to family planning ?

**One or more persons answer.
Facilitators invite participants to
discuss the situation(s) and provide
accurate information when necessary.**

DISCUSSIONS



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DISCUSSION CARD

[The community leader and/or the healthcare provider read several discussions cards to participants out loud. They hey will help participants share about family planning, contraception and discontinuation, and get accurate information, for a total of 30 minutes.]

Question to all :



Why are you continuing or discontinuing your contraception method ?

Why did a method work or not work for you ?

**One or more persons answer.
Facilitators invite participants to
discuss the situation(s) and provide
accurate information when necessary.**

DISCUSSIONS



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DISCUSSION CARD

[The community leader and/or the healthcare provider read several discussions cards to participants out loud. They hey will help participants share about family planning, contraception and discontinuation, and get accurate information, for a total of 30 minutes.]

Question to husbands :



Do you have concerns about your partner using a family planning (FP) method ?

What role would you like to play in your partner's FP journey ?

**One or more persons answer.
Facilitators invite participants to
discuss the situation(s) and provide
accurate information when necessary.**

DISCUSSIONS



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DISCUSSION CARD

[We invite the community leader and the healthcare provider to write a question below, to prompt a group discussion around family planning, contraception methods, switching, or discontinuing a method.]



**One or more persons answer.
Facilitators invite participants to
discuss the situation(s) and provide
accurate information when necessary.**

REFLECTION



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REFLECTION

[The community leader and/or the healthcare provider read the reflection card to participants out loud, to conclude the activity.]

Question to all participants :



What is the one thing you will take away from your experience here today, and with whom will you share it ?

Each participant answers, one by one.