

## Couple's Night - Agenda for the day

### What is the Couple's Night prototype ?

This prototype is made of:

- 1x Facilitation guide - the agenda for the host, with suggested scripts on selected portions
- 1x 'Who Knows Best' game sheet - ice breaker to start off the activities
- A deck of 14 Conversational Cards - for couples to use with one another, organized by 3 colors: Orange, Green, Blue
- 1x Certificate - to celebrate the end of the session and thank the participants, to fill in the names of the participants, signed off by the organizer

Suggested group to participate in this activity:

- 10 couples (user/discontinuer of contraception method + spouse/partner), total of 20 pax

## Facilitation Guide

Hosts or facilitators should follow this 2-hour session agenda to introduce the activities to the participants

Time	Activity	Description
10 min	Introduction	<p>Introduce the purpose of the Couple's Night activity, and summarise the aims of the day:</p> <p><b>Suggested script:</b></p> <p>Welcome! Thank you all for joining us at this Couple's Night session, where we will learn more about our spouses and partners. This is an event designed specifically to support couples, family planning users and discontinuers, in navigating through their family planning journeys. Through conversations, we hope to:</p> <ul style="list-style-type: none"><li>• build stronger understanding between couples, with regards to their family planning journeys</li><li>• support discontinuers in getting back to using contraceptives</li><li>• to reduce the barrier about talking about Family Planning within the community</li><li>• to give participants time to mingle and get to know others in their own communities</li></ul> <p>This programme is designed with Breakthrough Action, a flagship programme to increase the practices of priority health behaviors. Have fun, be open to the session and one another, and we hope you enjoy your time getting to know one another better.</p>

20 min	Warm up - ice-breaker (individual then come together)	<p>Start with a short activity to break the ice between couples and individuals:</p> <ul style="list-style-type: none"> <li>Hand to hand out the 'Who Knows Best' ice breaker game sheet to each individual (each participant at the session should get one sheet)</li> <li>Host should read the instructions to the couples:               <ol style="list-style-type: none"> <li>Host will read out the questions one by one, and give each person time to fill in their answers</li> <li>Fill in the blanks with either a tick or a short answer</li> <li>For some questions, you will have to fill in for your partner</li> <li>Separately fill in all 10 questions</li> <li>Couples have to fill in the answers based on their individual knowledge of one another (no cheating)</li> <li>After the 10 questions are complete, couples will come together and calculate how many they have answered correctly and/or have a similar answer to their partner                   <ul style="list-style-type: none"> <li>do this on the most-right column 'does it match?'</li> </ul> </li> </ol> </li> <li>(Optional) Present a small prize to the couple that scored the highest e.g. stationery, snacks.</li> </ul>
50 min	Convo cards (to be conducted between couples)	<p>Hand out 1 card deck per couple and give them these instructions:</p> <ol style="list-style-type: none"> <li>Split the deck into the different colours</li> <li>Pick one card from the deck at a time, and ask the question to the intended party</li> <li>The headers on top of the cards indicate who should ask the question               <ol style="list-style-type: none"> <li>'Partners' refer to husbands/spouses (males)</li> <li>'Users' refer to contraceptive users and discontinuers (females)</li> </ol> </li> <li>Give time for the other party to think and answer, take turns to choose a card from the correct deck               <ol style="list-style-type: none"> <li>'Partners' pick from Orange</li> <li>'Users' pick from Green</li> </ol> </li> <li>Be open to chat freely about your personal experience with one another, do not hold back your thoughts and feelings</li> <li>Select the next card when the discussion is over</li> <li>Use the Blue cards <u>last</u>: Once the Orange/Green cards are done, couples should use the Blue cards to close off the conversation</li> </ol> <p>About the cards:</p> <ol style="list-style-type: none"> <li>Orange cards: Partners are to ask the questions on the card to the contraceptive users/discontinuers</li> <li>Green cards: Contraceptive users/discontinuers are to ask these questions to their partners</li> <li>Blue cards: Both parties are to discuss the cards, and answer them (to use last)</li> </ol> <p><i>Tip for the participants: Be curious and probe your partner further if you have more queries along the way.</i></p>

15 min	Summary	<p>Host to select a few individuals to reflect on their experience having used the cards with their partners. Some suggested questions the host can ask:</p> <ul style="list-style-type: none"> <li>• How was your experience using these cards?</li> <li>• How did you feel during the session?</li> <li>• How has this experience impacted your knowledge about your family planning usage within your family unit?</li> <li>• What was something surprising about this experience?</li> <li>• Did you learn something new about your spouse/partner, if you are willing to share, please do.</li> <li>• How would you use the knowledge you have gained today for the future?</li> </ul>
15 min	Closing and gifting of certificate	<ul style="list-style-type: none"> <li>• Thank all the participants for coming for the session, share some drinks or snacks.</li> <li>• Hand out the personalised certificates to every individual</li> </ul> <p><b>Suggested script:</b>  Thank you everyone for participating in our Couple's Night activity! We hope you have learnt something new about your partner, and managed to open up about this sensitive topic. Family planning is a continuous journey between users and their partners, and we hope to encourage more conversations between spouses and partners. Couples communication is the key to keeping families together, and feeling supported. Continue learning and being curious about one another, and learn more about what both parties can do as a collective unit.</p> <p>This is just the beginning to spark conversations, and we hope you will embody these practices in your daily lives.</p> <p>This conversational card deck is available for you or any other couples to use with one another. Even if you did not manage to complete all the cards, they will be made available for you.</p> <p>We encourage you to invite other members of your community and even your family members to participate in our family planning events</p> <p><i>(Optional: Share schedule of upcoming programmes or activities with the participants, and inform them where they can go to, to find out more about similar events like this.)</i></p>

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