



TOGETHER FOR  
EACH OTHER



**USAID**  
FROM THE AMERICAN PEOPLE



  
**Breakthrough  
ACTION**  
FOR SOCIAL & BEHAVIOR CHANGE

# HOW TO USE THIS GUIDE

This guide is a resource for the game facilitator to use during game play. As the game facilitator, you will walk the participants through the game and lead discussion. The guide includes instructions for each section of the game and a script to read aloud to participants.



## GAME OBJECTIVES

“TOGETHER WE DECIDE” is a game that creates a safe space for participants to learn and discuss how to build health and harmony within their families. The game allows players to experience the effect of choices about child spacing and to build knowledge with child spacing methods. It also allows them to gain comfort discussing these topics with their partners, family, and health workers. The game encourages participants to consider how child spacing methods might help them achieve their goals for their family, and to make choices together for their families.

## GAME SETUP

### Materials:

- 4 “My family cards”
- Dice (1)
- 300 Beads
- 4 Bowls
- Child spacing method board
- Planning cards

### Materials:

Game Cards which include:

- Harmony discussion prompt cards
- Child spacing introduction cards
- Baby cards
- Quiz Cards
- Life Event Cards
- Discussion Cards
- “Yes” answer cards
- “No” answer cards

### Participants:

Game supports 4 teams, or “households,” however there is no limit on the number of participants.

Each “household” should be made up of at least 2 participants.

If more than 8 participants are present, increase the household size so two or more players make up a “household.”

Any couples present should play together in the same “household”.

# WELCOME



Thank you for coming to play **TOGETHER WE DECIDE!**

How many of you have children at home – raise your hands!

As we play the game, we'll learn about ways that men and women can keep their families healthy and happy and provide ways you can plan your family when you are both ready.

Your goal in this game is to build as much harmony for your **household** as you can. You can build harmony in several ways. For example, you can **gain wealth** for your family, **increase the health and safety** of your family, **spend time to build strong relationships** with your family, family can **respond to unexpected events** like a low farm yield or drought, and **keep your family members happy**.

You will play in teams that represent a household. As you play, your household will gain and lose beads that represent harmony. Each bead equals 1 harmony point.

Note that the harmony points are for game play only and do not have any value beyond gameplay.

1. **Select a banker** who will distribute harmony points to all the players during the game or the game facilitator can act as banker.
2. **Divide into households.** Each household should have at least 2 people. Encourage couples to stay in the same household.



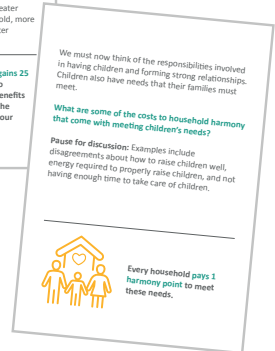
## STEP 1: CHOOSE YOUR FAMILY

Now each household gets to pick a family! Each household will receive a My Family card. It may not reflect your actual family size; it is like a character you'll play during the game.

1. **Shuffle the My Family Cards.** Make sure the cards are face down.
2. **Each household picks 1 My Family Card.**
3. Ask each household to introduce their family to everyone.

## STEP 2: EXPERIENCE CHANGES IN HOUSEHOLD HARMONY

1. Read aloud the card labelled “Gaining Harmony” and discuss.
2. The banker gives each household a bowl with 25 harmony points (represented by 25 beads).
3. Read aloud the card labelled “Losing Harmony” and discuss.
4. The banker collects 1 harmony point per child from each household.



As we play, you will have more opportunities to build or lose harmony in your household. At the end of the game, the household with the most harmony wins!

## STEP 3: INTRODUCE CHILD SPACING METHODS



We have just observed some ways that raising children might impact household harmony. Child spacing is one way to build harmony in your household. Child spacing ...

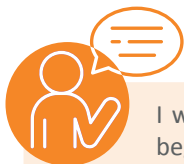
- Gives you and your partner time to save money and build wealth so that you can afford your next child.
- Can ensure the mother and baby remain healthy because it gives the mother's body time to heal between pregnancies.
- Can help you plan your pregnancy, so you are prepared if something unexpected happens, like drought or sickness.
- Gives you time to strengthen relationships in the family so that your next child is born in a household full of harmony.

There are many ways to space children – you can abstain from sex with your spouse, use natural methods such as breastfeeding, or use modern child spacing methods



All of these options can keep mothers and babies healthy. Having open conversations and making choices together about whether and how you may space your children is another way to build household harmony. In this game we will learn about many different child spacing methods that families can choose from.



1. Show the Child Spacing Method Board
2. Read each of the child spacing method cards out loud.



I will now give each household one child spacing method card to begin with. Hold onto this card because you may choose to play this card later in the game.

3. Give each household a **CHILD SPACING METHOD CARD**.

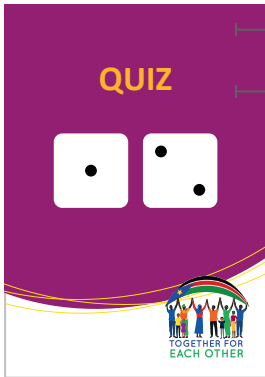
# STEP 4: LIVE AND LEARN

1. Place the **QUIZ**, **LIFE EVENT** and **DISCUSSION** cards face down in separate piles
2. Place the dice (1) where the households can reach them
3. Hand each household “yes” and “no” **QUIZ ANSWER CARDS** [   ].
4. Give dice to the household with the largest family to start.
5. Based on the die toss, select the top **QUIZ**, **LIFE EVENT** or **DISCUSSION** card from the pile. Read the instructions on the card. Card types are detailed below:



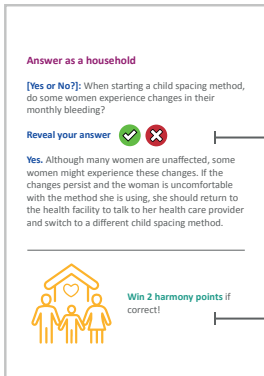
The game ends after 1 hour of gameplay. We'll start with the household that has the most children!



## CARD DESCRIPTIONS



Household rolls a 1 or a 2

All households play



Household places an answer card [   ] to answer the question in secret

Households with the correct answer receive points

*Note: If a card type runs out, continue playing the game and rolling the dice (1). If a player tosses the dice for an unavailable card, the household continues to roll the dice until they toss a dice for an available card type.*

**LIFE EVENT**





Household rolls a 3 or a 4

Only household that draws card participates

You and your spouse waited 2 years to get pregnant with another child and saved money.

**Great job spacing your children!**

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Toss the die and gain that number of harmony points


**Get a NEW BABY!**

**Discuss as a household**

Imagine that an elder woman wants the best for her adult son, including a large and happy family. He and his wife have a 5-month-old baby, and they wish to use a child spacing method to delay the next pregnancy.

**What could you say to the elder woman to help her understand her son and daughter-in-law's perspective?**


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Each Household that discusses this topic **gains 2 harmony points.**

Household is prompted to receive a card or points, lose a card or points or make a decision

**DISCUSSION**








Household rolls a 5 or a 6

All participants play

Your youngest child just started crawling! Your friends want you to have another child right now, but this is risky and the new baby could be born underweight.

**Discuss the following options with your household and choose one:**

  **Option 1: Get a NEW BABY now, but lose 6 harmony points** because the baby is unhealthy.

  **Option 2: Play a CHILD SPACING METHOD CARD** and toss the dice to **gain** harmony points for preventing a risky pregnancy!

Each household discusses the prompts amongst themselves

Each household that discusses reaches harmony points

*Note: If a household loses all their beads, they can continue playing with zero beads. If they draw a card that says to lose beads, they will just remain with zero beads. They will have zero beads until they play a card that allows them to gain more beads.*

## STEP 5: CELEBRATE THE WINNERS!



Everyone count how much harmony your household has and share it with everyone. Which household has the most harmony points? Let's congratulate the winning household.



We know that harmony is a combination of wealth, health, and happiness in the family. The winner is the household that was able to create the most harmony for their family.

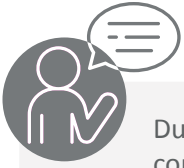
[Ask the winner] **Why do you think your family gained so much harmony during the game?**

[Ask the other households] **What could your households do in the future to continue to build more harmony?**

1. Note that the winner was able to accumulate more harmony because they increased the health and safety of their family, built strong relationships, and spaced their children.
2. Show everyone the Child Spacing Method Board again and re-explain any child spacing methods that were not used during gameplay.



## WRAP UP: PLANNING CARD



During this game, we talked about child spacing. Having conversations and making decisions together is another important way to build harmony in your household, but it can be hard to find a good way to start the conversation. You and your partner may need to have a few conversations to decide what is right for you and your family. This **Planning Card** can help.

1. Give a Planning Card to each participant (couples can share a card). For polygamous couples, give one card for each wife, even if they are not present during the game session.
2. Read the content of the Planning Card aloud and answer any questions participants have about visiting the health facility.
3. Ask the participants these final questions:



What did you learn today?

What will you and your spouse discuss about what you learned today?

Do you have any questions about what you learned during the game?

# FAQS

## FERTILITY

### 1. Can I get pregnant in the future if I use a child spacing method?

Yes, when you and your spouse are ready to have a child, you can still become pregnant, even if you previously used a child spacing method. For some couples, it may take time to get pregnant, whether or not they have used a child spacing method. 15% of couples have trouble conceiving whether or not they are using child spacing methods.

### 2. Can you explain a woman's cycle?

A woman's cycle is made up of bleeding days, fertile days and non-fertile days. The first day of a woman's cycle is the first day of her menstrual bleeding. The time between the first day of her menstrual bleeding and the next menstrual bleeding is on average 28 days. A woman with an average cycle is typically most fertile during days 8-19 of her cycle. However, not every woman's cycle will follow this pattern.

### 3. After giving birth, when can a woman get pregnant?

A woman can get pregnant again even before her period has returned. Child spacing methods, like implants or injections, are some ways to ensure that she will not get pregnant right away.

## CHILD SPACING METHODS

### 4. Can child spacing methods cause side effects (such as changes in monthly bleeding)?

Although some women experience side effects, they usually go away within a few months. However, if a woman is ever uncomfortable with the method she is using, she can switch to a different child spacing method.

## IUD

### 5. If a woman uses an IUD for child spacing, can it hurt her husband during sex?

No. Sex will feel the same to both partners when a woman uses a coil. The strings of the coil are short and soft and the coil can be removed anytime by a health worker if a couple is ready for another child.

#### ADDITIONAL DETAILS:

**Method Duration:** Once the IUD is inserted by a trained health provider, the IUD will last up to 5 or 10 years, but can be removed at any time when a couple is ready to have another child.

**Return to fertility:** You can have your next baby when you and your spouse are ready. When you want to have a baby, the IUD can be removed by a trained provider and you can become pregnant right away.



## IMPLANT

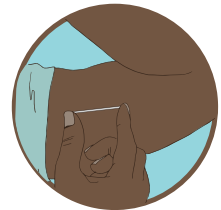
### 6. Can the implant disappear in the arm?

No. After a health worker inserts the implant under a woman's skin, it will stay there. If the woman gains weight, it may be harder to feel the implant, but it's still there!

#### ADDITIONAL DETAILS:

**Method Duration:** These methods can protect against pregnancy for up to 3 or 5 years, but can be removed at any time when a couple is ready to have another child.

**Return to fertility:** When an implant is removed, a woman can get pregnant right away.



## INJECTIONS

### 7. How often do I need to take the injection?

A woman only needs to receive the injectable every 3 months for it to work.

#### ADDITIONAL DETAILS:

**Method Duration:** Each injection lasts up to 3 months. You must return to the clinic every 3 months for another injection. If you come to the clinic late, this method won't be effective.

**Return to fertility:** When a woman stops taking the injection, it might take her 1-6 months to be able to become pregnant again.



## ORAL PILLS

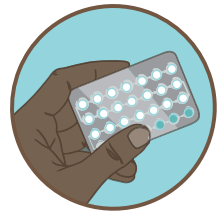
### 8. How often do I need to take birth control pills?

To protect herself from pregnancy, a woman must remember to take the pill at the same time every day. She will not be protected from pregnancy if she only takes the birth control pill after having sex.

#### ADDITIONAL DETAILS:

**Method Duration:** This method lasts as long as a woman consistently takes her daily pill.

**Return to fertility:** When a woman stops taking birth control pills it might take her 1-6 months to be able to become pregnant again.



## BREASTFEEDING (LAM)

### 9. Is it possible for a woman to get pregnant while breastfeeding?

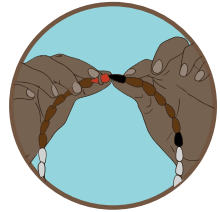
Yes. It is possible for a woman to conceive even while breastfeeding. A woman is not protected from pregnancy if: (1) the baby is older than 6 months; or (2) the baby has started to eat solid foods; or (3) the woman's monthly bleeding has returned.



## MOON BEADS

### 10. Can any woman of childbearing age use moon beads to space children?

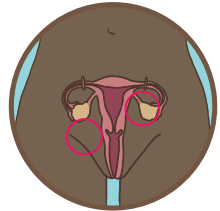
No. moon beads only work for women who bleed at least once every 4 weeks. For women who have different bleeding patterns, moon beads will not always work.



## PERMANENT METHODS

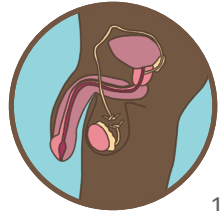
### 11. Is tubal ligation safe for women?

Yes, tubal ligation is a safe and permanent child spacing method for women. It involves a short operation. A woman can return to normal tasks about a week after the operation. It is a good option for couples who are certain they do not want any more children.



### 12. Is a vasectomy safe?

Yes. A vasectomy is a safe and permanent method of child spacing for men. It is a good option for couples who are certain they do not want any more children.



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