

The Red Boat

A LISTENING GUIDE TO PROMOTE SOCIAL AND BEHAVIOR CHANGE



TOGETHER FOR
EACH OTHER



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LIST OF ACRONYMS

ANC	Antenatal Care
BCC	Behavior Change Communication
CCP	Center for Communication Programs
FP	Family Planning
HPF	Health Pool Fund
PHCC	Primary Health Care Center
MNCH	Maternal Nutrition and Child Health
MIHR	Momentum Integrated Health and Resilience
SBC	Social Behavior Change
USAID	United States Agency for International Development
WASH	Water Sanitation and Hygiene

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INTRODUCTION

“The Red Boat”, a 15-episode radio drama, is an entertainment-education program that provides individuals with family planning (FP), maternal, newborn and child health (MNCH), and water, sanitation and hygiene (WASH) benefits and information and offers an opportunity to link them to quality health and counseling services. The radio drama, along with this discussion guide, is part of a package of social and behavior change (SBC) tools developed by Breakthrough ACTION South Sudan to promote change in communities through increased learning and dialogue.

Breakthrough ACTION is a global SBC project funded by the United States Agency for International Development (USAID) that is designed to increase the practice of priority health behaviors and enable positive social norms, including gender norms, for improved health and development outcomes, with an emphasis on family planning/reproductive health (FP/RH), HIV, MNCH, zoonotic diseases, and malaria.

The Johns Hopkins Center for Communication Programs (CCP) leads the project, which was launched in 2017, in partnership with Save the Children, ThinkPlace US, ideas42, Camber Collective, the International Center for Research on Women, and Viamo.

WHO IS THIS GUIDE FOR?

This guide is for groups formed within communities that want to foster discussions about key issues in the episodes of the radio drama. Each community should work to identify a group leader who will serve as a facilitator to walk the group through this listening guide and lead discussions. The group leader will bring together community members at an agreed-upon time and location to listen to the program.

WHAT IS THE PURPOSE OF THIS GUIDE?

This guide is designed to help you, the facilitator, lead a discussion on the radio drama within communities on the issues raised and what people can do about them in their own lives. A good facilitator helps a group explore ideas and come to conclusions but does not tell the group what these conclusions are.

WHAT IS THE PURPOSE OF THE SERIES?

The general purpose of the series is to encourage more people, with the support of their spouses, in-laws, parents, friends, and guardians, to access available health services with a better understanding of:

- The importance of positive and balanced partner communication.
- The importance and value of seeking correct health information from trained people, like Boma Health workers and facility-based providers.
- The need for parents, in-laws, relatives, and friends to encourage couples to seek health care information and services in health facilities.
- The need for men to support their wives and partners.
- The importance of adequate spacing of births to the mother, children, and family as a whole.
- The safety and benefits of adequately spaced births to the health of the mother and children.
- The importance of antenatal care and skilled birth attendance.
- The need for accessing clean sources of water and dangers of consuming contaminated water.
- The importance of menstrual hygiene education and normalization.
- The importance of collective decision-making in households and communities.

HOW TO USE THE DRAMA SERIES AND GUIDE

The drama is broken up into 15 episodes. Each episode has a beginning and end. You can either:

1. Listen to all 15 episodes to best connect with the characters and their stories.
2. Listen to relevant episodes depending on what your project focuses on. For example, if you are working on a WASH program, you may choose to only listen to episodes 11-15.

SETTING UP DISCUSSION GROUPS

To run a successful discussion, we recommend that you read this guide prior to meeting the group. This will help you become familiar with the topic and questions you can ask to start the discussion. It will assist you to feel prepared and to become comfortable and able to facilitate a discussion where all the participants will be free to talk and express their opinion. This will also give you enough time to consult a local expert on the subject if you have any questions you would like to discuss with them.

The following steps can be very useful in establishing and maintaining a discussion group:

- Find and establish a regular convenient place to hold your discussion group each week. It could be a marketplace, school, town hall or any other suitable venue where 10 – 15 people can gather regularly, listen, and talk together.
- Decide on a convenient time that best suits your group.
- Create a comfortable space for participants. As far as possible, create a mixed group of genders and ages to allow for different perspectives.
- Be sure to select participants who can commit to attending a weekly group meeting and who enjoy talking about health issues.
- Know your group so that the questions you ask interest them.

ROLES OF THE FACILITATOR

As the facilitator, you will invite group feedback and guide dialogue about the issues raised. These suggestions can help make sure that your group has an informative and productive discussion:

- **Help others to learn:** You are not the source of all knowledge. You are the person who will listen, guide, and suggest rather than direct.
- **Place emphasis on preparation:** You need to prepare, and you should be clear about the learning goals of each session.
- **Be empathetic and open-minded:** Always try to understand other people's points of view and perceptions no matter how different they are from your own.
- **Promote sharing:** You should promote sharing of experiences and knowledge amongst the group members and thus encourage participation. To promote learning from each other, always throw sensitive or technical questions back to the participants to find their level of knowledge and understanding. For example, a member of the group may ask a question like: "If I don't have money to buy a container to store clean water for drinking, what can I do?" With such a question, you should be quick to probe other people in the room for possible answers. If you throw questions back to the group, you may be surprised to find somebody has experiences or ideas from which others will learn. Remember: solutions to problems can often be found within the community. You are providing the space where dialogue can happen, and ideas may be shared.
- **Manage expectations:** A good facilitator controls expectations. If the discussion goes off-track, the participants may leave feeling their time has been wasted. Keep the discussion on topic and on track as this will make the group better focused on finding solutions and coming up with real benefits and action plans.
- **Be inquisitive:** The facilitator can 'lead from the back,' asking probing questions. At the same time, you must be self-confident: the group members will be looking for guidance from you and you must inspire trust!

Guidelines for leading discussion sessions:

Adults learn better when they can participate and discuss topics together. As a facilitator, your focus is on the participants. You are responsible for engaging them and listening to them with respect and interest. The following suggestions are tips to help you and the group get the most out of each session:

- When a person speaks up, thank that person for speaking. People need to feel appreciated.
- Avoid interrupting people while they are talking. If you must interrupt someone who is talking for long, do so, but apologize.
- Try to have as many people as possible participate in the discussion. Encourage this by saying, “I’d like to hear from someone who has not spoken yet.”
- Listen with care and interest to what people say. Speaking up in a group takes courage. Being listened to increases the speaker’s sense of confidence and safety. When people feel safe, they speak more freely, give honest answers, ask questions and, in the end, learn more. When you listen carefully to what people have to say, you too will learn to understand their situation better.
- Ask open-ended questions rather than close-ended questions that can be answered in a single word or phrase. Open-ended questions begin with words like, ‘Why...?’ ‘What/Which...?’ ‘When...?’ ‘Who...?’ ‘How...?’ and ‘Tell me more about...’ An example of close-ended questions is; “Did you wash your hands?” and the answer can only be either “Yes” or “No”. For open-ended questions, an example is: “Why should we wash our hands after using a toilet?” and the answer may be one that promotes understanding, learning, and sharing ideas.
- Remember that most people are trying to solve difficult problems in their lives. You need to be mindful of this and ask them who they can speak to in confidence, how they can find allies, and what their obstacles to solving problems are. Once they understand what’s standing in their way, they may be able to think more clearly about a pathway toward solutions.

Asking questions:

- Pause after asking a question to give participants time to think of their answers. Look around the group as you wait for someone to answer.
- If no one responds, ask the same question using different words and pause again, waiting for them to answer.
- Once someone volunteers a response, do not be too quick to go on to the next question. Rather, ask if someone else has something to add to the first response.
- Listen to the responses for important points and commend the speaker.
- When someone gives an answer that is wrong or seems to endorse ‘bad behavior’, do not tell them they are wrong. Try to understand their reasoning or continue by asking if someone else has a different answer or opinion. When the correct answer is given, repeat it so the correct information is emphasized.
- Pay attention to the section of your audience that is not speaking out. Sometimes one or two people will dominate sessions with their opinions. You may need to support those who are not speaking up for whatever reason and assert their right to express their point of view or experience. If one person is louder than the rest,

the chances are that there are individuals in the audience who have a different point of view. Some might even be victims, too afraid to speak up. Try to bring out the voices of the voiceless.

- If you don’t know the answer to a question that is asked, it is okay to admit this. You can tell the group you will find an answer for them, and refer to your guide or a health professional for guidance. Also, you can refer the person to the primary health care center or clinic for more information.

Skills of a good facilitator include:

- Ability to identify with the community and their problems.
- Readiness to learn from them (everyone should be treated as an expert) and listen to their stories.
- Good listening skills—active listening by leading phrases such as: ...And then, what happened...? Tell me more please... etc.
- Good communication skills—speaking clearly and using language that all participants will understand.
- Knowledge about issues such as WASH, FP and MNCH.
- Understanding that change is not easy. It is a process that begins with recognizing the problem, seeing benefits from change, and acquiring the resources and skills to be able to make the change.
- Cultural sensitivity to not offend people’s cultures or political affiliations.
- Ability to engage men and women equally, acknowledging that each has a role to play.
- Encouraging those who are less vocal to speak up in a discussion.
- Getting the audience to not only engage with the drama but to talk with each other.
- Being sure you are loud and clear for everyone in the group to hear.

OPENING EACH SESSION

1. Greet everyone, thank them for coming and have the participants introduce themselves.
2. Tell them that you expect the session to last one hour (this may vary – see what works best for your group).
3. Explain that the purpose of the discussion is to give everyone a chance to think about and discuss the session’s topic, and to raise questions and ideas of their own.
4. If it is the group’s first meeting, introduce the drama’s theme and characters. Do not reveal the entire story to the group in advance.

MAP OF SETTING/ YABA SAMAGA

The environment around Yaba Samaga



THE DRAMATIC UNIVERSE

The dramatic universe is the social context in which a story or stories take place. In this community theater performance, all three storylines occur in the universe of the Yaba Samaga family, a large family living in a peri-urban setting somewhere near Juba, South Sudan, very close to the river. In the performance, various family members encounter issues related to FP, ANC, and WASH. The following chart provides character profiles for each role.

Yaba Samaga Dramatic Characters



Key

- Transitional character
- Positive character
- Negative character
- Neutral character
- Hai Jere Jere Family line
- Jebel Nana Family line

CHARACTERS IN THE RADIO DRAMA

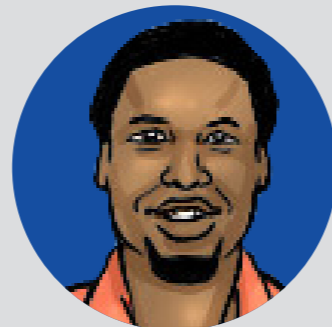


NUNU

Nunu is 20 years old and married to Hakim, with whom she has two children. **In SBC drama she is a transitional character with an unmet need for FP who learns to access and use an FP method with Hakim's support.** A transitional character is one that represents your group members and is going through a journey that is similar to them. She hopes to take a vocational course in business to better support her husband and children, but she is afraid that the older women in the household will disapprove.

HAKIM

Hakim, 29, is Nunu's husband and Jinabu's younger brother. **In this drama he is also a transitional character because he will learn to support his wife, Nunu, in using FP.** He is a fisherman who is passionate about family and work and takes his wife's views into consideration when making family decisions.



ZEKIYA

Zekiya, 29, Jinabu's wife, operates a stall in Jere Jere market. She is already using an FP method, but Jinabu disapproves. **She advocates for Nunu to access family planning and is therefore a positive character in this drama.** She is passionate about work and family and is the breadwinner because of her business acumen, but this makes her husband insecure.

JINABU

Jinabu, 42, Zekiya's husband, is the head of the Yaba Samaga household. He is a strict authoritarian and traditionalist who hates work but loves a good life. He does not want Zekiya to be independent and believes it is his right as a man to discipline her. **In this drama, he represents negative norms and is a negative character.**



Mama Hawa

The maternal head of the Yaba Samaga household, Mama Hawa, 58, is the mother of Jinabu and Hakim. As a widow, she is passionate about keeping the name of her late husband alive and likes to make sure the young women in the family follow tradition. She is against Nunu's decision to access FP and she doesn't want Hadiya to go to the local clinic for antenatal care. **In this drama she is a negative character, and a barrier to change.**

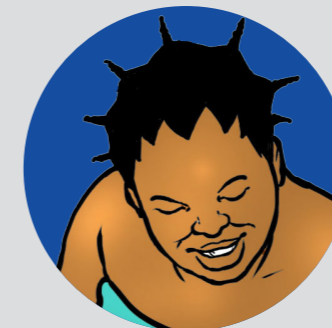
IDUMA

Iduma, 38, is the widow of the late Simon, the eldest son of Mama Hawa, and mother of Ajeko. According to inheritance laws, she has become the levirate wife of Jinabu. She is devoted to tradition and consults Feki Ali and other traditional healers for everything from diarrhea, the common cold, pregnancy, birth, and bad hair days. She is totally against Hadiya and Kimbo going to ANC but learns to accept that there are some things Feki Ali can't fix which should be referred to a modern health facility. **In this drama she is a negative character, and a barrier to change.**



KIMBO

Kimbo, 22, is married to Hadiya, and they have one child and are expecting a second. He is the son of the late Simon and Iduma, and the nephew of Jinabu and Hakim. **He is a transitional character who learns to support Hadiya in using ANC services.** In SBC drama he models couple communication, male engagement, and shared decision making on MNCH. He is studying economics and works with his uncle Hakim in his boat transport business.

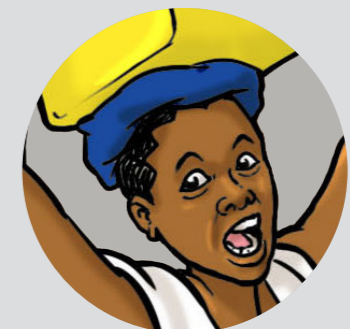


HADIYA

Hadiya, 20, is married to Kimbo. **Hadiya is the transitional character for MNCH who accesses and uses ANC services safely by learning to speak openly and work with her husband.** She got pregnant while in school and spent part of her pregnancy and childbirth with her mother, according to culture. She had a difficult first pregnancy.

AJEKO

Ajeko, 14, is Iduma's daughter, and brother to Kimbo. She recently started menstruating and her role is largely to reference menstrual health and hygiene as a significant factor in a young girl's transition to maturity and adulthood.



DIKTOR JUMA

As the Boma health worker, Diktor Juma travels to villages giving health education and monitoring mothers' and children's health.

FEKI ALI

He is a traditional healer and herbalist in Jere Jere.

WHAT IS A TRANSITIONAL CHARACTER?

A transitional character is neither positive or negative. They are one of the most important in the drama and are designed to represent your primary audience (the person you want to change). The transitional character will go through a “journey” of change similar to the primary audience

AFTER THE EPISODE

1. Turn off the radio.
2. Invite participants to open the discussion by commenting on any part of the program that interests them. Bring the group back to the key messages if the discussion goes off course.
3. Use the discussion questions to initiate dialogue if participants are initially quiet.

CLOSING A SESSION

1. At the end of the discussion, wrap up by summarizing the main messages of the show.
2. Remind the participants of the date and time for the next meeting.
3. Thank participants for coming, listening attentively, and being willing to share their views.
4. If requested, refer participants for more information or assistance.

EPISODES AND DISCUSSION GUIDE

EPISODE 1

Episode Summary

Jinabu arrives home midday from Mama Yonga's Bar searching for his wife, Zekiya, to make him lunch. Iduma shares that Zekiya has been to the clinic, which angers Jinabu. Meanwhile, Zekiya is fetching water at the borehole with Nunu where they talk about their hopes and dreams. Zekiya encourages Nunu to register for a vocational business course. Nunu wants to register but is worried about what her husband, Hakim, will say.

Zekiya and Nunu return home to an angry Jinabu who begins to aggressively question Zekiya on her whereabouts. Jinabu then drags Zekiya to their hut where he can be heard hitting Zekiya. Jinabu finds Zekiya's family planning pills and begins to question her while continuing to hurt her. Hakim arrives home and confronts Jinabu about hitting Zekiya.

Nunu later reflects on Zekiya's reasons for using family planning as being connected to her ambitions. Nunu decides to learn more about family planning so she can also achieve her goals.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What is your favorite part? What is your least favorite part?
2. What are some dreams or goals that you have for yourself or your children?
3. From the drama, what's your understanding of birth spacing (family planning)?
4. What are your thoughts about Jinabu's character and his relationship with Zekiya? What about Nunu and Hakim?
5. How do you feel about Zekiya seeking birth spacing (family planning)? Who do you think should have the final say when it comes to the health and care of the family? Why do you say that?
6. Are there other ways to solve problems other than through violence?
7. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Talking together with your partner and sharing your dreams and goals for you and your family can help to make a strong relationship.
- Using modern contraceptive methods is a safe way to plan your family and to ensure mama and baby have the health and happiness they need.
- Using birth spacing (family planning) methods to plan your family can help you and your partner to set and achieve shared goals. This means you can decide together how many babies you want to have and when you want to have them.
- Using birth spacing (family planning) methods are safe. If you (or your partner) have side effects, talk to your healthcare provider before you stop using.
- Hitting your partner is illegal in South Sudan and causes harm to your relationship. Violence against your partner has a negative impact on their physical and mental health.

EPISODE 2

Episode Summary

After Hakim leaves to meet with a man who has a new motor for The Red Boat, Mama Hawa and Nunu begin discussing the incident between Zekiya and Jinabu. While Mama Hawa disapproves of Jinabu hitting Zekiya, she believes that Zekiya was wrong to use family planning behind Jinabu's back and reminisces about the "olden days". Though Nunu is curious about family planning, she does not share her feelings with Mama Hawa. Zekiya tells Nunu that she hid the family planning pills from Jinabu because he was not open to have a conversation with her. Zekiya believes that Hakim is more open-minded and encourages Nunu to speak openly to him.

Diktor Juma, a Boma Health Worker, comes to Yaba Samaga to check on Zekiya because she missed the market leaders meeting. Jinabu confronts Diktor Juma and says he cannot speak to his wife without him present. Upon seeing Zekiya, Diktor Juma expresses concern about her eye. Jinabu and Zekiya make up a story about how she injured herself. Diktor Juma encourages her to have it treated at the health facility. At the riverside, Hakim shares with Diktor Juma that Zekiya did not have an accident and that Jinabu in fact hit her. Diktor Juma expresses his shock and says that Jinabu broke the law and that Zekiya should be respected as a person who is also responsible for the household.

Nunu accompanies Zekiya to get treatment for her eye. While at the health facility, Zekiya visits the family planning clinic and switches to an injectable method, which is more discreet than the pills. Nunu is shocked that Zekiya would continue to take family planning even after Jinabu beat her. Zekiya points out the many women queued to get family planning and that there are no legal barriers in their way. Nunu considers if family planning could help her to achieve her goals and go to vocational school.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. What does peace and protection of the family look like to you? Do you feel violence and harm is part of this? Do you agree or disagree with Diktor Juma when he says that wives deserve as much respect as their husbands in their households? Why or why not?
3. Zekiya talks about why she has chosen to space the births of her children. What are the possible benefits for families and communities if a woman is allowed to make this and other decisions? What are some of the consequences if she is not able to?
4. Zekiya is the financial contributor to the family. How do you feel about this? What role can a woman play in contributing to the family and making decisions about the household and family? Explain your answer.
5. Nunu has been admitted to the vocational school. However, she is scared that she may get pregnant and fail to finish the course. She has been advised to use family planning but after seeing what happened to Zekiya, she is scared. What advice do you give her?
6. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Respecting women as equal members of and contributors to the household can lead to a more peaceful and happy relationship.
- Beating your partner is against the law and there can be serious consequences both legally and for the health of the family.
- Accessing birth planning (family planning) in South Sudan is legal for women. They are allowed to make decisions about their health without their husband present.
- Using birth spacing (family planning) methods allows you to decide how many children you want, when to have them, and when you want to take a break.
- Visiting a health care facility is a safe option for getting treated for injuries and illness, and to receive services, like family planning.
- Talking to your healthcare provider about family planning options can help you find the right birth spacing (family planning) so that you can plan for your family's future.

EPISODE 3

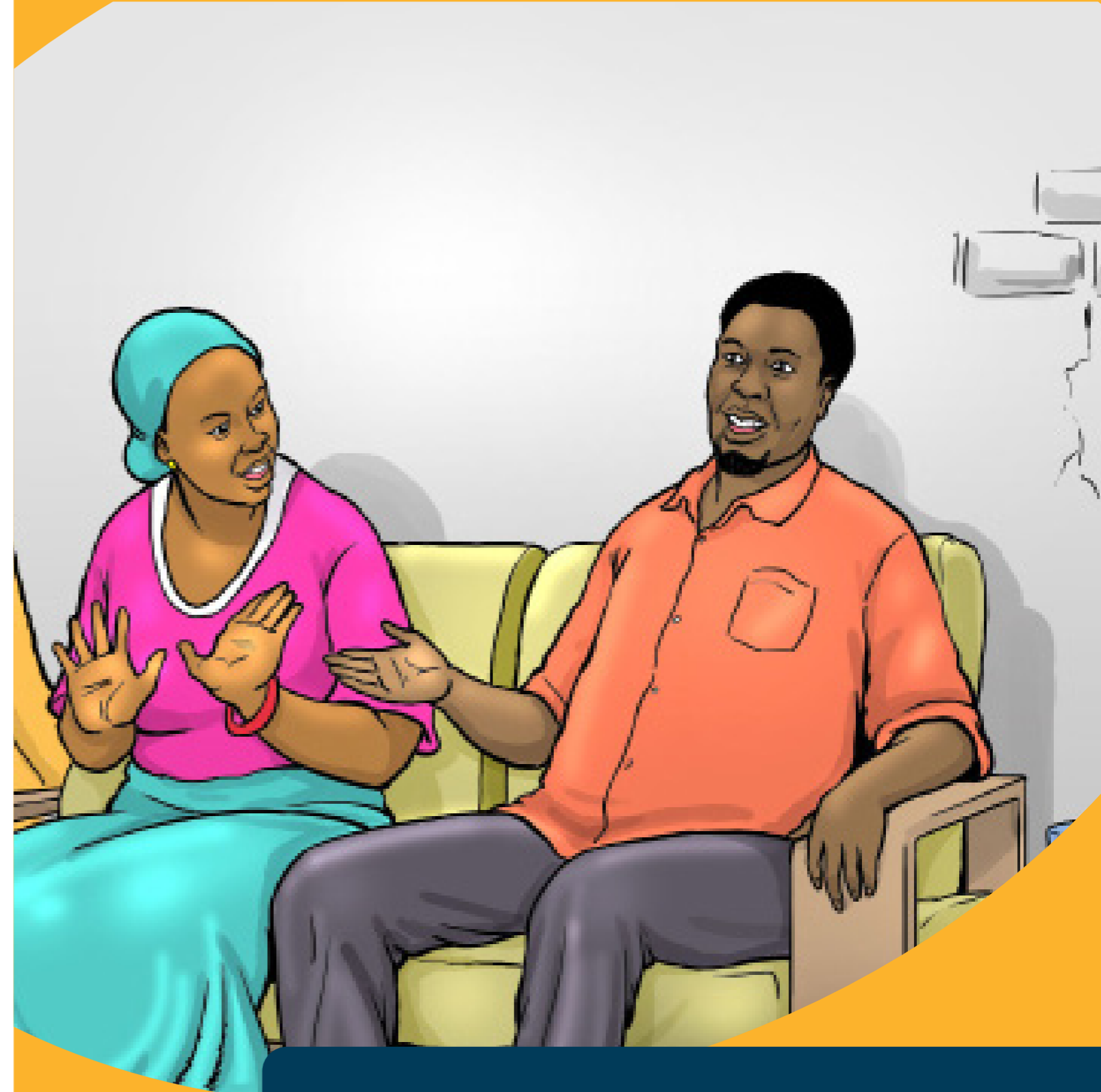
Episode Summary

Nunu and Hakim are discussing whether Zekiya should have asked Jinabu if she could use family planning. Nunu expresses to Hakim that she is nervous to speak to him about family planning. Hakim assures her that she can speak to him about anything. Later, after Jinabu insinuates that Nunu may be hiding something from him, Hakim confronts Nunu and tells her that he no longer wants to speak of family planning. Nunu expresses that she wants to consider family planning so she can achieve her goals and delay pregnancy so that she can complete her vocational course. Hakim encourages Nunu to speak to Mama Hawa who believes that family planning is something bad and modern. Nunu and Hakim agree that Nunu will go visit Mama Fatuma to get her opinion.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. Describe what a peaceful household looks like to you?
3. Mama Hawa reflects on “the old days” when she was young. How have things changed in your community from when she was young? What are some of those changes? Who controls decisions around planning a family? Is this something that could change?
4. Why do you think Zekiya decided to use birth spacing (family planning) methods in secret? Do you think she would have done this if Jinabu was willing to listen?
5. How do you feel about Nunu and Hakim’s relationship? How is it different from Zekiya and Jinabu?
6. Based on Nunu’s explanation to Hakim, what are the benefits of using birth spacing (family planning) methods?
7. Where and how can you get information on birth spacing (family planning)?
8. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Talking together with your partner about how to plan your family can help to reach a solution that works well for both of you. This means you can decide together how many babies you want to have and when you want to have them.
- Supporting each other in your decision to plan your family can help you to make the best decision for you and your family, even if others do not agree.
- Visiting a health care facility is a safe option for getting treated for injuries and illness, and to receive services, like family planning.
- Talking to your healthcare provider about family planning options can help you find the right birth spacing (family planning) so that you can plan for your family’s future.

EPISODE 4

Episode Summary

Kimbo and Mama Hawa are giving Hakim a hard time because he is prioritizing taking Nunu to Jebel Nana over getting the thatching grass for Mama Hawa. Jinabu challenges Hakim that he is allowing his wife to control him.

After Nunu arrives to Jebel Nana, she shares with Mama Fatuma how family planning would help her family have the life they want. Mama Fatuma encourages Nunu to go back to school and for her and Hakim to delay their next child.

At the river, Hadiya frantically seeks Hakim's help because Kimbo is drowning in the middle of the river. Rather than wait for Hakim to return, Kimbo took the Red Boat, which still needed repair and was sinking in the middle of the river. Hakim saves Kimbo but later Jinabu blames Hakim indulging his wife for Kimbo's near drowning.

When Nunu returns, she and Hakim agree that she will accept the vocational course and delay their next child until they're both ready.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. Describe what a peaceful household looks like to you?
3. Mama Hawa reflects on "the old days" when she was young. How have things changed in your community from when she was young? What are some of those changes? Who controls decisions around planning a family? Is this something that could change?
4. Why do you think Zekiya decided to use birth spacing (family planning) methods in secret? Do you think she would have done this if Jinabu was willing to listen?
5. How do you feel about Nunu and Hakim's relationship? How is it different from Zekiya and Jinabu?
6. Based on Nunu's explanation to Hakim, what are the benefits of using birth spacing (family planning) methods?
7. Where and how can you get information on birth spacing (family planning)?
8. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Listening to your partner and making decisions together can help you to come to an agreement that benefits the whole family.
- Attending family planning counseling sessions together can help you make an informed decision.
- Supporting your partner comes in many different forms. Talk to each other to find out what works best for both of you.
- Speaking out when you hear about or know about it can save someone's life.

EPISODE 5

Episode Summary

As Hakim and Nunu prepare to leave for the family planning clinic, Mama Hawa again expresses her disapproval of their decision. At the clinic, Nunu and Hakim are greeted by the health counselor who assures them that their session is confidential and addresses their questions and misconceptions about family planning. Hakim and Nunu discuss what they learned on the way home. While they are still deciding on methods, they agree that family planning is the right course of action and Nunu is relieved that her and Hakim can make the decision together.

As Nunu and Zekiya discuss family planning methods, Hakim and Jinabu argue over family structures and who should make decisions in households. Hakim says that he has fixed the Red Boat and hopes to make Yaba Samaga a proud name.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. What do you think about the argument between the two brothers, Hakim and Jinabu? Who is right? What do you think about supporting your wife (or about being supported) and making joint decisions?
3. What do you think about Hakim going with Nunu to the health facility? Is this always necessary? What are other ways Hakim could support Nunu?
4. What do you think about how the health care provider treated Nunu and Hakim? Do they trust her? Is she right in providing the information?
5. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Using modern contraceptive methods is a safe way to plan your family and to ensure mama and baby have the health and happiness they need.
- Using birth spacing (family planning) methods to plan your family can help you and your partner to set and achieve shared goals. This means you can decide together how many babies you want to have and when you want to have them.
- Choosing the right method to meet your needs is important. There are short term, long-acting or permanent family planning methods.
- Visiting a health care facility is a safe option for getting treated for injuries and illness, and to receive services, like family planning.
- Talking to your healthcare provider about family planning options can help you find the right birth spacing (family planning) so that you can plan for your family's future.

EPISODE 6

Episode Summary

Ajeko is experiencing stomach pains and begins bleeding. Once Iduma realizes that Ajeko is having her first period, she begins to celebrate Ajeko's entry into womanhood and begins making plans for her initiation ceremony. Nunu gives Ajeko medication for her pains and shows her how to use sanitary pads.

At the initiation ceremony, Jinabu makes a comment that Ajeko is now ready for marriage, with which Hakim disagrees. At the same moment, the Zekiya, Iduma, and Mama Hawa are teaching Ajeko on how she must conduct herself now that she has reached menses. While Iduma believes that girls should stay home and stay away from boys while on their period, Zekiya believes that times have changed, and girls can continue attending school during their periods. Zekiya insists to Iduma that Ajeko is still too young for marriage and should continue her studies.

Kimbo asks Hadiya to bring the men water and beers. Hadiya, who is not feeling well, faints.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. How do girls typically learn about menstruation? When should girls learn about menstruation? What are ways you can support young women during this time? Is there anything that boys should be learning during this time?
3. The episode talks about how times have changed from when Ajeko's aunties were young. What are some beliefs that existed then? What beliefs do you have about how a girl or woman should behave when she is having her period? Should she behave differently?
4. Ajeko has hopes and dreams for when she is older. Do you believe that a girl is ready for marriage after she gets her period? When is the right time for marriage?
5. Hakim talks about how Kimbo is learning to become a man and that part of that is providing emotional support to his wife. What does that look like to you? What support do you need, or can you provide?
6. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Teaching a girl about menstruation before her first period may help her recognize when it is happening and how to care for herself during her period.
- Talking to young boys and teaching them how to respect women during this time is just as important as providing accurate information to young girls.
- Getting one period does not mean they are ready for marriage or that they need to stop their studies. There are ways you can support young women to fulfill their dreams and goals.
- Providing emotional support to your partner can help to strengthen and grow your relationship.

EPISODE 7

Episode Summary

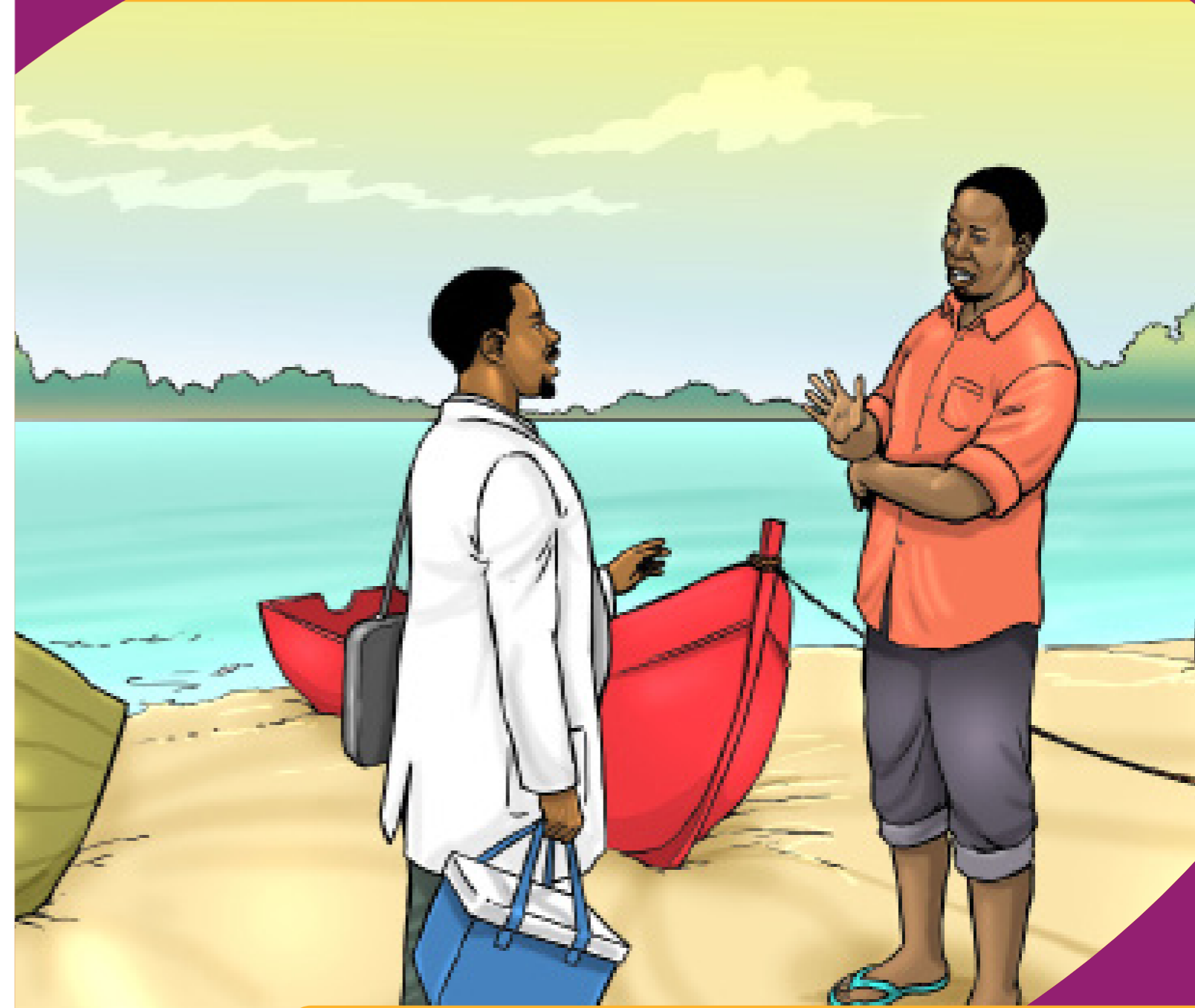
Kimbo is concerned about Hadiya fainting at the party. Iduma speculates that Hadiya may be pregnant. Kimbo wonders if Hadiya should go to the clinic, but Iduma urges him to go to his classes and reassures him that she will care for Hadiya.

At Kimbo's request, Diktor Juma arrives at Yaba Samaga to check on Hadiya. Mama Hawa tells him that Hadiya has already left to see Feki Ali and sends him away. When Kimbo returns, he is upset that Hadiya walked to Feki Ali and was not seen by Diktor Juma, especially because the herbs given to Hadiya make her sick. Kimbo agrees to take Hadiya to the clinic himself.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. Do people in our community delay seeking immediate medical attention at a clinic? Is there anything we can do to change this?
3. What are the benefits of attending antenatal care (ANC) early when one suspects she is pregnant? Are there any traditional beliefs in your community that could be harmful or prevent women from going for ANC? How about any that are helpful or encourage women to seek care?
4. What do you think about Kimbo and his support for Hadiya?
5. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Knowing the danger signs during pregnancy can save the life of the mother and baby. This includes:
 - Bleeding even if it is a single spot
 - Fits
 - Severe headache or blurring of vision
 - Swelling on hands or feet
 - Severe pain in lower abdomen
- If you experience any of the danger signs, visit your health care provider immediately.
- Going to a health facility early in pregnancy allows a mother to get the information and support she needs to have a healthy pregnancy and baby.
- Forming a strong support system is important during pregnancy. Tell someone you trust as soon as you think you are pregnant to get the support you need.
- Supporting your wife (partner) during pregnancy can increase the chances of a healthy pregnancy.

EPISODE 8

Episode Summary

Despite Iduma's disapproval, Kimbo takes Hadiya to the clinic. Because Kimbo is accompanying his wife to the clinic, Hakim asks Jinabu to come with him to arrange the incoming fish order.

At the clinic, the nurse confirms that Hadiya is pregnant. The nurse shares how often Hadiya should come to the clinic and counsels her and Kimbo on proper nutrition. Over time, Kimbo becomes more engaged in the visit and learns about the importance of antenatal care (ANC).

At the riverside, Hakim and Jinabu learn that Jinabu learn that the fisherman has given away their order. Jinabu blames Kimbo for attending the clinic visit with his wife, rather than accompanying Hakim to pick the order.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. From the drama, what's your understanding of antenatal care (ANC)?
3. What are the benefits of attending antenatal care (ANC) when pregnant?
4. What do you think of Kimbo standing up for Hadiya and going against his mother's advice to take her to the clinic? Does this make him more or less of a man? Explain your answer.
5. Does the husband need to go for every visit? Why is it important for him to go? If he is not able, how can he support his partner?
6. For a couple to have a healthy baby, what things or actions are they encouraged to do?
7. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Having a healthy baby begins with ANC. Pregnant women should attend ANC at least 4 times before delivery and once within the first 3 months of pregnancy.
- Going for ANC is important for a healthy pregnancy and a healthy baby. With antenatal care, a pregnant woman will be seen by a health provider multiple times throughout her pregnancy.
- Attending ANC with your wife (partner) is a good way to provide the support she needs and to learn about how to care for her and the baby.
- Supporting your wife (partner) comes in many forms. Talk to your wife (partner) to determine what type of support works for both of you.

EPISODE 9

Episode Summary

Jinabu scolds Kimbo for listening to his wife. When Hadiya asks Kimbo for help, Kimbo becomes impatient with her. He is feeling pressure from Jinabu disapproving of him and from Hadiya wanting him to be involved in the antenatal care (ANC) visits. Nunu offers to attend antenatal care (ANC) visits with Hadiya when Kimbo is unable to accompany her.

At the clinic, the doctor counsels Hadiya on proper nutrition during pregnancy. Hadiya and Nunu go to the market to purchase the recommended foods. Hadiya is disappointed that the quail eggs have all been sold. When they arrive home, they learn that it was Kimbo who purchased all the quail eggs.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. What are your thoughts on Jinabu's character in this episode? What impact does that have on Kimbo? Do you have any advice for Kimbo so that he is able to support his wife?
3. How do you feel about men and women both being involved during and after pregnancy? Are there specific roles a man must take? Why do you think that?
4. What are different ways that men can support their partners when they are pregnant? What are the benefits of this support?
5. In this episode, Kimbo is not always able to attend ANC so Nunu steps up. Where can men and women seek support outside of each other if needed?
6. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Supporting your wife (partner) comes in many forms. Talk to your wife (partner) to determine what type of support works for both of you.
- Making informed decisions together can help to better set boundaries with family members who do not approve of your choices.

EPISODE 10

Episode Summary

Kimbo continues to be a caring and attentive husband to Hadiya as she nears the end of her pregnancy. They attend the next antenatal care (ANC) visit together. They begin to discuss a plan for Hadiya to give birth in the clinic.

Some time later, Hadiya begins her labor pains at home. Iduma suggests they call for the midwife, but Hadiya insists on going to the clinic. Kimbo meets Hadiya at the clinic where she gives birth to a healthy baby girl. The growing family is very happy.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. What do you think about how Kimbo has changed over the episodes?
3. What do you know about giving birth in a clinic? Do you think it is best to give birth at home or at the clinic? What are some of the benefits of each? What are some of the challenges?
4. What are some steps you can take to make sure you are ready to give birth at a health facility? Or how can you help someone you know, like your neighbor, give birth at a health facility?
5. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Having a birth plan in place is important and can save the life of the mother and baby. Even a normal pregnancy can end up in a complicated delivery needing emergency care.
- Preparing for the birth of a baby includes: saving money, arranging transport and deciding about the appropriate health facility for emergency care.
- Delivering in a health facility provides a safe and comfortable place for a woman to have a baby.
- Supporting your wife (partner) to deliver in the health facility increases the chances of having a safe delivery.

EPISODE 11

Episode Summary

At Yaba Samaga, the family is preparing for the new baby's naming ceremony. With the rains coming, Zekiya is concerned that they will cause the toilet to overflow. At the naming ceremony, after selecting the name Mariam for Mama Hawa's mother, the women realize they have run out of drinking water. Ajeko reluctantly goes to the borehole to fetch more water with her friend Seida. They do not want to miss the party while waiting in line at the borehole, so they decide to fetch water from the river. Daud corners them and becomes physically aggressive with them and makes them uncomfortable. They fight him off and run with the remaining water. Ajeko gives Hadiya water from the water she just fetched.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. The episode begins with Zekiya talking about her role in keeping her community safe. How do you feel about women taking a leadership role at the community level when it comes to WASH? Are they well positioned to do this work? Why or why not?
3. What other practices can lead to water borne diseases such as diarrhea?
4. What are some other concerns or challenges with having clean water?
5. In your own view, how is gender-based violence related to WASH, using an example of Ajeko from the drama?
6. If girls in your community face similar harassment when they are out doing chores, what strategies do you use to avoid them getting sexually assaulted or hurt? Whose responsibility is it to keep women and girls safe?
7. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Collecting water from a clean water source is important. One way to make water safe is to boil it for at least 1 minute before drinking it.
- Fetching water can be dangerous for women and girls. Community members can come together to help make sure that they are safe and not harassed by not accepting the behavior of the perpetrator and holding them accountable for their behavior. Survivors of sexual and physical violence are not at fault.

EPISODE 12

Episode Summary

Hadiya is not feeling well the morning after the naming ceremony. When she realizes that many of the household members are sick, Iduma begins to suspect that someone has put the evil eye on the family. She fetches Feki Ali who confirms her suspicions and gives her herbs and beads to send away bad omens.

At Yaba Samaga, the latrine is running over. Diktor Juma, who has come to check on Hadiya, warns them to fix it before others become seriously ill. Diktor Juma realizes that the household members are sick because they drank unclean water. He is concerned that Hadiya may be dehydrated.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. What do you think caused Hadiya to fall sick of diarrhea?
3. What are your comments on Kimbo's acts in the drama after finding out that his wife is not well? What do you think about Kimbo going against the requests of his family? What may have happened if he did not do this?
4. There are many cultural and traditional beliefs that bring cause for celebration, such as the naming of a child. Are there any cultural or traditional beliefs in your community that could be harmful? Is it possible to honor tradition and embrace modern medical practices?
5. Why is it important to build and use a latrine? If you can't afford to build a latrine, what are some steps you can take to keep your family from getting sick?
6. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Having a functioning and clean latrine is one way to protect the health of a household.
- Drinking unclean or contaminated drinking water can make people sick. One way that water and food can become contaminated is when the feces of people and animals mix with water sources that are used for drinking.
- Protecting your water sources (by using latrines) and boiling water can help to keep your community and family healthy.
- Getting treatment for diarrhea from a trained health professional when sick can keep your family healthy.

EPISODE 13

Episode Summary

At the clinic, Hadiya learns that she has typhoid from drinking contaminated water that was not boiled first. They learn that if Hadiya did not come to get treated, her breastmilk could have dried up. The nurse urges Hadiya and Kimbo to make sure the other household members also get treated. Iduma eventually relents and goes to the clinic where she learns that Feki Ali also comes to the clinic for treatment.

Jinabu becomes angry with Ajeko when he learns that she brought the contaminated water. Ajeko tells him about the attack by the river. Jinabu is furious and vows to get revenge on Daud.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. What do you think about how Jinabu behaves with his wife but wants to hold other men accountable? Do you think he is starting to change? What are some reasons for this change?
3. During this episode, Ajeko's mother suggests to Jinabu that they need to set up a system to protect women and girls from violence. What might this system look like?
4. In your community, what sanitation practices are being practiced that can lead to disease? How are you trying to improve them?
5. For the Yaba Samaga household, what advice do you give them about what they should do to prevent sanitation and water related diseases in their household?
6. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Drinking contaminated water can make you sick with diarrhea and other diseases that lead to dehydration. Dehydration is dangerous and can impact a mother's ability to breastfeed. A health provider can provide immediate treatment for illnesses that cause dehydration.
- Collecting water from a clean water source is important. One way to make water safe is to boil it for at least 1 minute before drinking it.
- Working together as a household or community can help to make sure you have safe drinking water.
- Protecting women and girls from gender-based violence is an important part of ensuring the health and safety of families and communities.

EPISODE 14

Episode Summary

The market is closed because the toilets have overflowed. The market women are very angry and blame Zekiya. After losing the fish in the scuffle with Mama Yonga, Zekiya goes home and Jinabu fights with her for coming home empty-handed.

Iduma finds that Ajeko has not gone to school because she is having her period. Iduma tells Ajeko she can always ask her questions.

The men are discussing the new and improved red boat. They encourage Jinabu to use the increased money they will make to make a new latrine for Yaba Samaga, which he reluctantly agrees to.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. What does water, sanitation and hygiene mean to you? How does water become contaminated?
3. Why is it important to use latrines and to maintain clean water sources?
4. During this episode they talk about how things in the community need to change. What changes would you like to see in your own community to maintain clean water and the environment? What can you do to make that happen?
5. Zekiya is seen as a good resource when it comes to building latrines. How do you feel about women taking a leadership role in the development and care of latrines in the community?
6. How do you feel about Zekiya standing up to her husband when it threatens to hurt her? Why do you feel that way?
7. What can be done to make sure girls do not miss school when they have their period?
8. What is one thing you learned from this episode that you want to do differently in your life?



Key Learning Points:

- Issues related to water, sanitation, and hygiene have an impact on other parts of life, including individual, household and community livelihoods.
- Drinking contaminated water can make you sick with diarrhea and other diseases that lead to dehydration.
- Working together as a household or community can help to make sure you have safe drinking water.
- Nurturing a supporting environment for young girls to stay in school is important, even when on their periods.

EPISODE 15

Episode Summary

Jinabu confronts Daud about his attack on Ajeko and Seida. At home Iduma asks Jinabu to go to school to speak to the teachers about the boys harassing Ajeko because of her period. With all the problems, Jinabu, Mama Hawa, and Iduma agree it is time for a family meeting.

At the family meeting the family comes up with ideas together for addressing the sanitation and safety issues. The family members all understand the importance of clean latrines, water, and hands and start making plans to fix the issues.

Discussion Questions:

[Allow participants to share their experiences and challenge myths/misconceptions by providing accurate information]

1. What do you think about this episode? What was your favorite part? What was your least favorite part?
2. Who takes care of water and sanitation issues in your household or community? What are the best ways of dealing with WASH issues in your household?
3. How do you feel about women taking a lead in organizing work related to WASH?
4. How do you feel about Jinabu stepping up to protect his daughter and holding Daud responsible? What are ways you can make fetching water or going to the latrine safe for all community members?
5. What is one thing you learned from this episode that you want to do differently in your life?
6. If you listened to all the episodes, what changes have you noticed in the characters from the beginning of the radio drama? What do you think of these changes?



Key Learning Points:

- Joining together as a community can help to stop violence against women and girls.
- Working together as a household and listening to the challenges can help to understand and address household issues related to water, sanitation, and hygiene.
- Providing support for people to reach their dreams is important - whether it be girls continuing school, women taking leadership roles, or men and women deciding how they want to plan their family.
- Making positive change for better health is possible for everyone!

