



TOGETHER

Couples Games

COUPLES CARD GAME



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Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE



CARD DECK INSTRUCTIONS

Welcome!

The Couples Card Deck is a card activity designed to **help couples pause, connect, and envision the life you want to create together.**



It will help you **learn more** about each other and make a **plan for how to achieve your goals as a couple**—while having a bit of fun!

How do I use the couples card deck?

Most couples enjoy playing the card deck when they have a moment alone at home in the evenings or at leisure places on the weekends. If you have children, you can play the card deck at home after they've gone to bed or while they're playing.



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CARD DECK INSTRUCTIONS

Tell me more

The Couples Card Deck includes four rounds:

MAMBO to break the ice and help you connect with your partner.

VISION to explore the goals you have for your future together.

PLAN to start a discussion about if, and when, you and your partner would like to have children.

PREPARE for a visit with a healthcare provider to make your plans a reality.



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CARD DECK INSTRUCTIONS

Getting started

Find a place where you can have a private conversation for at least 30 minutes without being interrupted.

Pick up all the cards in the **LEVEL 1** Deck

There are 4 rounds in level one. Each round has a card with instructions. One partner should read the instructions out loud. Both of you should answer all the questions.

After completing **LEVEL 1**, couples may play again at another time with the cards provided in **LEVEL 2**.



Timing

LEVEL 1 takes a minimum of **30 minutes** but can last longer depending on how long you discuss each of the questions.

LEVEL 2 takes a minimum of **20 minutes** but can last longer depending on how long you discuss each of the questions.



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LEVEL 1

ROUND 1

MAMBO



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Instructions

ROUND 1 / MAMBO

This round is about opening up and connecting with your partner.

Each card is numbered; please use the cards in order.

Both partners should answer each question, taking just 1 or 2 minutes each to respond.



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Couples Games

LEVEL 1

ROUND 1

MAMBO



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The Pledge

Each participant must read this aloud to the other participant, as a commitment to an honest and open dialogue

I commit to an open, honest, and respectful dialogue.

I pledge to truly see you and hear you.

I will listen before responding and keep an open mind.

Both participants must read this aloud to one another



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LEVEL 1

ROUND 1

MAMBO



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Question 1

What do you love most about
your partner?

Why?

Both participants should answer



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LEVEL 1

ROUND 1

MAMBO



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Question 2

What is one of your favorite memories of your partner?

Both participants should answer



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LEVEL 1

ROUND 1

MAMBO



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Question 3

Name two things you would like to achieve in the next two years.

What, if anything, would stop you from achieving them?

Both participants should answer



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Couples Games

LEVEL 1

ROUND 2

VISION



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Instructions

ROUND 2 / VISION

This round is about reflecting on your relationship/family and envisioning your future together.

Each card is numbered; please use the cards in order.

Spend 2-4 minutes on each card.



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LEVEL 1

ROUND 2

VISION



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Question 1

What was your family life like
growing up?

How would you like our
relationship/family to be similar
or different?

Both participants should answer



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LEVEL 1

ROUND 2

VISION



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Question 2

What hopes do you have for
our relationship/family?

Both participants should answer



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LEVEL 1

ROUND 2

VISION



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Question 3

What financial goals do you have for our relationship/family?

If you are or want to become parents someday, what do you want to be able to provide for your children?

Both participants should answer



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LEVEL 1

ROUND 2

VISION



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Question 4

How do we want to divide
responsibilities in our
household?

Both participants should answer



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LEVEL 1

ROUND 3

PLAN



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Instructions

ROUND 3 / PLAN

This round is meant to start a conversation about if, and when, you and your partner would like to have children.

Spend 4 or 5 minutes discussing the question on each card.

Each card is numbered; please use the cards in order.



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LEVEL 1

ROUND 3

PLAN



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Question 1

How important is having children to you?

If you do not have children: Do you want to become parents someday? If so, how many children would you like to have?

If you do have children: Do you want to have any more children? If so, how many more children would you like to have?

Both participants should answer



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LEVEL 1

ROUND 3

PLAN



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Question 2

After having a child, how long would you want to wait before having another child?

**Skip this question if you do not want to have any or more children.*

Both participants should answer



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LEVEL 1

ROUND 3

PLAN



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Question 3

What do your family members and friends think about contraception?

Do you agree with them?

Both participants should answer



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LEVEL 1

ROUND 3

PLAN



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Question 4

What do you know about
contraception?

In your opinion, could
contraception help you and
your partner reach your hopes
and goals for your family?

Both participants should answer



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LEVEL 1

ROUND 3

PLAN



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Question 5

Do you have any fears about
using contraception?

Do you have any fears about
not using contraception?

Both participants should answer



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LEVEL 1

ROUND 3

PLAN



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Question 6

How do we support each other?

How can we improve that support so we can achieve our hopes and dreams?

Both participants should answer



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LEVEL 1

ROUND 3

PLAN



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Reflect

Reflect on the discussion you just had and answer the following questions.

What is one thing you will take away from our conversation today?

What is one thing you hope your partner will take away from today's conversation?

Both participants should answer



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LEVEL 1

ROUND 4

PREPARE



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Instructions

ROUND 4 / PREPARE

As a couple, you just discussed your goals, hopes, and dreams for your relationship. Now it's time to make them a reality!

Taking actions to plan your family is one step toward achieving your goals.

Talking to a contraception provider can help you understand the options you have.

Consider going to a health facility together so you both have the information you need.

**FIND THE NOTES FOLD OUT
RIGHT AFTER THIS CARD**



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Couples Games

LEVEL 2

ROUND 1

MAMBO



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Instructions

ROUND 1 / MAMBO

This round is about opening up and connecting with your partner.

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LEVEL 2

ROUND 1

MAMBO



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LEVEL 2

ROUND 1

MAMBO



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Question 1

Who in your life inspires you?

Why?

Both participants should answer



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LEVEL 2

ROUND 1

MAMBO



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ACTION
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Question 2

What do you love most about yourself?

Both participants should answer



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LEVEL 2

ROUND 1

MAMBO



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Question 3

What is one of your fears?

Both participants should answer



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LEVEL 2

ROUND 2

FAMILY VISION



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ACTION
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Instructions

ROUND 2 / FAMILY VISION

This round is about reflecting on your relationship/family and envisioning your future together.

Each card is numbered;
please use the cards in order.

Spend 2-4 minutes on each card.



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LEVEL 2

ROUND 2

FAMILY VISION



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Question 1

How can your partner show
they love you?

(Or, what makes you feel
loved?)

Both participants should answer



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LEVEL 2

ROUND 2

FAMILY VISION



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Question 2

What is the ideal relationship
between parents and their
children?

Both participants should answer



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LEVEL 2

ROUND 2

FAMILY VISION



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Question 3

How do you prefer we deal
with disagreements in our
relationship?

Both participants should answer



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LEVEL 2

ROUND 2

FAMILY VISION



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Question 4

How do you think we are
doing in reaching our family
goals and hopes?

Both participants should answer



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LEVEL 2

ROUND 2

FAMILY VISION



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Question 5

What is something fun and
new you would like to try
together?

Both participants should answer



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LEVEL 2

ROUND 3

REFLECT



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Instructions

ROUND 3 / REFLECT

This round is meant to start a conversation about if, and when, you and your partner would like to have children.

Spend 4 or 5 minutes discussing the question on each card.

Each card is numbered; please use the cards in order.



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LEVEL 2

ROUND 3

REFLECT



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Question 1

How was your consultation
about contraception?

What did you learn during the
consultation?

Both participants should answer



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LEVEL 2

ROUND 3

REFLECT



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Question 2

What new questions or concerns about contraception have you had since our last discussion?

Both participants should answer



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LEVEL 2

ROUND 3

REFLECT



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Question 3

What goals do you have
related to contraception?

Both participants should answer



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ROUND 3

REFLECT



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Question 4

How have I supported
you better since our last
discussion?

Both participants should answer