

[illegible]

# TOGETHER

## Couples Games

## LEVEL 1

# ROUND 4 PREPARE



**USAID**  
FROM THE AMERICAN PEOPLE

**Breakthrough  
ACTION**  
FOR SOCIAL & BEHAVIOR CHANGE



**A consultation with a provider about  
contraception is most successful when both  
clients and providers actively participate.**

To best help you, a provider needs to know your preferences, needs, concerns, and questions. Sharing this information can help a provider tailor the consultation and help you make a decision about what is best for you.

To help you prepare for a discussion with your provider about contraception, reflect on the prompts below and write down your responses.

**Ask**

What questions do you have about contraception that you would like to ask your local healthcare provider?

**Share**

What concerns do you have about contraception that you would like to discuss with your local healthcare provider?

What needs and preferences do you have?

**Consider**

What else do you want to share with your health provider? Consider the discussion you had with your partner, such as whether you want to have children, and, if so, when and how many you would like to have.

**NOTES**

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