

**HELP & SHELTER/UNFPA QUARTERLY REPORT ON FAMILY PLANNING
ACTIVITIES - JULY TO SEPTEMBER 2013**

Activity 1: Incorporating family planning information to clients at Help & Shelter's Crisis Centre and Shelter for battered women.

Name of Person(s) Implementing Activity: Chabela Lord, Tessa Greene

Total # of Persons Reached= 25 Females (25) Males ()

Total # of Persons Referred for FP Clinics= 6 Females (6) Males ()

Location of Family Planning Clinic Referrals: Campbellville Health Centre; Grove Health Center Unity Health Centre, FPAG

Description of Activity

- One on one or group discussion with clients at Help & Shelter's Crisis Centre and Shelter for abused women and female TIP survivors on FP

Topics discussed

- Why use FP, Introduction to the FP methods and comparing the various methods
FP methods
- Correct use & disposal of male & female condoms;
- Unplanned pregnancies effects on relationships, families & communities;
- Benefits of FP

Assessment of Activity:

- The client knew some amount on information on FP; she wanted to try a method but was scared of her partner finding out. She was counseled on her choices.
- The sessions were very interactive one. The individuals participated well in the discussions
- This individual was very attentive, she took notes throughout the session to help her remember what was said so she can share the information with her husband

Feedback from Participant(s):

- Client said that FP information was new to her, she is happy for the information but needs some time to share with her husband and decide on a FP method that would best work for them
- Client explained the information she received on this day was not new to her since she heard lots about FP before. She shared that the first time she was introduced to FP she went home excited to let her partner know of what she learn but to date her partner does not agree to any FP method. Client asked to be referred to a clinic out of her community since she doesn't think the persons in her community clinic are confidential enough
- Client explained the information shared on FP was very new to her. She further explained she wished she had known of this before, since it may have helped her to better space her children and even make better choices in her life
- Clients indicated that more/new knowledge gained from discussions

- Client indicated that knowledge gained (esp. about the period that the various methods covers) removed some of the doubts from her mind;
- client shared that she does not want any more children, is still sexually active but is not on any method of FP to prevent pregnancy, IUD was discussed as a possibility; Contact has been made with client at the Shelter re having an IDU fitted but was in no position financially to pay for such- arrangements are being made for her to access the service on her next visit to the city
- Client was not very open to using modern FP methods, she shared her preference for her methods (some of which are:- bending clothes hangers to insert in her vagina, throwing herself down the stairs to abort babies etc.) Information was shared with her so she can know of myths and facts of family planning
- Client raised the issue of 'bush medicine' used in her community, this provoked a lively discussion about the dangers of some of the methods traditionally used;

Activity 2. Promoting family planning at the community level through individual and group outreach activities for women and men in selected communities in Regions 3 and 4

Name of Person(s) Implementing Activity: Colin Marks, Parbattie Ranglall, Linda Hustler
Suzanne Chung

Total # of Persons Reached= 889 Females (756) Males (113)

Total # of New Persons Reached= 572 Females (460) Males (112)

Total # of Persons Referred for FP Clinics=47 Females (45) Males (2)

FP Clinics Referrals: Lusignan HC; Vergenoegen HC; Parika HC; Tuschen HC; Leonora HC; Farm HC; Den Amstel HC

Total # of FP Leaflets Distributed = 302

Total # of Male Condoms Distributed= 272

Total # of Female Condoms Distributed=50

Description of Activity:

- Interactive session with students from Sophia Vocational Training Centre
- Interactive session with parents from Section 3, Sophia community
- Interactive session with men from Section 3, Sophia community
- Interactive session with a group of parents form Section E, Sophia
- Interactive session with women of Bell West Community, WBD Region 3
- Interactive session with PTA of Goed Fortuin Nursery School, WBD, Region 3
- Interactive session with Region 3, Women's Affairs Committee WBD Region 3
- Session with residents of Phoenix Park, WBD
- Interactive session with parents at Sarswat Primary School, WCD, Region 3
- Interactive session at Zeelugt Health Center EBE
- Interactive session at Den Amstel Health Centre WBD Region 3
- Interactive session at Leonora Heath Centre WBD Region 3
- Interactive session at Parika Health Centre WCD, Region 3
- House to house visits at De Kendren EBE

- Session with men at Stewartville Barber Shop
- Interactive session with teenagers at the Good Hope/Lusignan Learning Centre
- Interactive session with residents from Grassfield, Good Hope
- Session at Lusignan Health Centre on FP day
- House to house visits in communities of Good Hope Lusignan

Topics discussed

- FP making the right choice for a healthy family
- Parenting & FP
- The male role in domestic violence and its link to FP
- Domestic violence & family planning
- Importance of FP
- Injectables as a safe FP method
- The advantages and importance of female condoms in GBV situations
- Importance of FP in GBV situations
- The benefits of emergency contraception
- The IUD and advantages as a FP method
- Myths about FP
- Exploring the link between Parenting, Sexual & Reproductive Health & Family Planning
- Introduction to FP & Benefits
- Family Planning Methods
- What is FP & why use FP
- Comparing FP methods, most effective, very effective, effective
- Female Sterilization
- Family Planning methods that can be used if you have serious health conditions
- How FP can impact better family health, relationships and economic security
- The developmental stages of the body (Puberty, adolescence, reproductive years, menopause)

Assessment of Activity:

- Parents who are in difficult or abusive situation understood the importance of protecting themselves from unwanted pregnancies.
- The activity was very beneficial to participants, interaction was good and participants were more informed about the use and advantages of using IUD as a FP method
- Participants were very glad for the information, most were seeing the female condom for the first time
- The activity on EC was seen as very beneficial to participants, interaction was good, and participants were more informed about the use of EC
- Participants received information on the benefits of Family Planning for the first time
- Some participants were able to recognize the advantages of using the Injection and felt safe to use this method. the advantages of using the injections was discussed at length
- The various forms of Prevention of pregnancy was introduced and discussed by participants. Myths and facts concerning prevention of pregnancies for effective planning of the family were also explored.

- This session was conducted with a new batch of students from the vocational training centre in Sophia. The topics explored was used to expose the link between personal choices and how it impacts intimate relationships and the significance of planning the family unit in a way that all the family members have the best opportunities for enjoying good health, economic viability and environments that are free from violence, trauma and vulnerability.
- Other topics covered were myths, facts and cultural implications attached to prevention of pregnancy
- This session was organized by a group of UG social work students and the facilitator was asked to present a topic that would sensitize men on some critical social issues.
- Participant fully understood what FP was and how effective it can be if used correctly and clarifications were given on myths of FP and questions answered
- Participant who was 31 years of age, mother of eight but said she did not plan to use ant FP method
- Many of the myths about FP were cleared up such as the injection causes cancer
- Demonstration on the use of the female condom was done at all the sessions, many of the women were seeing the female condom for the first time

Feedback from Participant(s):

- Some participants felt strongly that the IUD usually moves out of its place and in that case the individual get pregnant. Some participants were able to recognize the advantages of using the IUD and felt safe to use same. Most participants indicated that they did not think about the advantages of using IUD before.
 - Participants were mature and shared experiences freely and requested more follow up session on FP
1. All the participants agreed that teens in particular needed information on the benefits of FP in relation to unwanted pregnancies, because they are more at risk
 - Most participants indicated that they did not know about the availability of emergency contraceptive and when and how to use it.
 - Most of the participants informed that the information on benefits of FP was good to share and all of them knew persons that they think they can share this new information with. Most of them felt that too many teens in their community get pregnant because they don't know about FP methods.
 - Women who are "single" but raising their children stated that most decisions were made by themselves exclusively without any input from anyone else
 - Single women with children who receive family support sometimes make decisions subject to the relatives who provide substantial support to their well being
 - Married females or those living with a spouse said some decisions were made by consensus, but there are times when those decisions were made by either one(of the partners) without the input of the other and there would be cross the board support in most cases
 - In relationships where there was constant feuding a decision would still be made after disagreement and one party disassociates themselves from the process and gives up the right to sanction any decision taken

- The lone male point of view in this discussion as that the family and communal culture may give the right to the male to make all decisions with the expectation of compliance by the spouse and other family members
- Some of the participants explained that at some time they were exposed to some methods in the illustration but it didn't work for them for various reasons ranging from inconsistent use to adverse side effects.
- Most of the participant however agreed that the male condom was the most popular method of prevention used as it also addressed protection for STIs. They also touted that the use of the male condom made decisions easy and with less on focus on access as they are sold and always available
- The majority of participants stated that most persons would start a family without an actual plan and it was only when health, housing or relationship issues arise that the women would consider the spacing of children or in some cases stop producing child altogether. Other issues affecting the use or consequences of not using family planning included- male dominance in the decision making process; family culture, lack of education & information on SRH; eloping youths; teenage pregnancy; intimate partner violence; poverty & sexual coercion
- Participants appreciated the discussions on the right of choice, they said they use condoms now, but only started as a precaution against STIs and HIV. One participant said that she had never focused on FP, but now I have to think about my children, my health and having better health and education for my children.
- The most commonly known method of prevention / contraception was the male condom. Only few students had ever heard of any other methods. One student remarked that most youth learn about contraception from peers or other adults outside of the home because some parents would not be open about their use of contraceptive. The majority of students confessed that this was the first time they had ever discussed FP and it relation to choices and DV. Another student remarked that more men need to know about the various methods and how they can benefit by having a healthier wife and children.
- At the conclusion of the session the participants agreed that violence was eating away at the fabric of the family unit and the man had a very serious responsibility to stop it. It was also discussed that although men saw themselves as being created to protect the family, they are the ones most times guilty of denigrating the family structure through negligent and abusive behaviors. To put this phenomenon in decline the participants agreed that more focus has to be put into how the young males are trained and socialized.
- One man then stated that men also are abused but he's also aware that the percentage is very small. He also posited that in his view this has caused men not to get any attention from the legal stand point, and this makes it very difficult for men to speak out about abuse and violence perpetrated on them. Another man remarked that it's the opinion of many males that in the justice system they have no rights and this make them feel neglected and maybe this is the reason why men take things into their own hands. Men also felt more support for men need was needed as most cases when a man feels vulnerable and there is no one to really empathize with him his actions can be self destructive and it is his spouse and family that feel the brunt of this self destruction.
- The illustrations on family planning methods were introduced to the male participants, who were totally unaware of the many methods available, except for male condoms and tablets. All of the participants expressed their confidence in the effectiveness of the male

condom. : All of the participants remarked that as men they were never exposed to FP messages or information on the methods. Some other comments were the need for both women and men need to protect themselves especially when they have many partners; I was never exposed to this information I thought FP was for females; Couples really need to sit and talk about how to space the children; I never viewed condoms as a FP method I was only thinking of protection from STIs / AIDS; more men need to be exposed to these messages and information; the decision on family planning should always include both parties; There is lots of sex happening without responsibility by both males and females

- One male said that if he had used FP he would not have had 4 children with 4 women which is a burden on him now. One elderly man said that his wife was a nurse and practiced FP which at the time he was not pleased with but today he understands the benefit
- A male shared that female sterilization is all new to him and his wife. They planned to only have two children but they did not know there are things that could be used to prevent pregnancy, he is happy to learn and will think about using FP and will support his wife on a method of her choice.
- One woman expressed her thanks for the information received. She and her husband have agreed for her to get a tubal ligation now that he is aware of the benefits and consequences of FP. She further went on to say she clarified the process to her husband
- Participants voiced their concern about the lack of confidentiality among some health workers at some health centres
- Some person felt that sex is not sweet or enjoyable with the use of condoms. One woman shared she practice of using the withdrawal method. She shared “I’m worried about not bleeding while using the injection because I would like to know what is happening with the blood that is not passing out and that could cause serious illness”.
- One woman shared she needed the cut stop (female sterilization) but the doctor would not give it without her husband signing to it and this is her seventh child. She says he husband wants ten children and she is suggesting changes be made to the law
- The participants felt the female condoms are too big and they are going to use the male condoms. Questions were asked if nothing can be done to the men so as to prevent pregnancy, why is it always the women.
- Condoms caused rashes, itching, and allergic reaction. Sex would not be enjoyable because it is not flesh to flesh.
- A women explained that she has not seem her menstruation since she started the injection and does not know if she is pregnant. She complained that she can’t even have a test done at the health center because they don’t have kits”. The couple has six children 5 boys and 1 girl ages 9,8,7,5 and 1 year old. The mother is 32 years old and her husband is 44 years and they are living in absolute poverty. This woman was accompanied to the health center where it was discovered that she received her last injection in September, 2012 but due to not having pregnancy kits no test was done.
- Some women expressed the myth that the IUD or Copper T give you cancer and it moves up to your heart and it gets you fat”
- The husband wants only two children regardless if they are boys or girls. He loves the idea that all this FP information is available and you are given the opportunity to ask questions. The husband is 21 and his wife is 18 years old and he pledges his support

whatever decision his wife makes regarding family planning. This couple agreed to use the injection after child birth

- On participant said “I am now informed properly on the various methods of family planning, I heard about the injection and pills before and how fat you get and how heavy bleeding does occur”.
- One male shared that the FP session on the IUD and other FP methods was powerful and he was happy to be there with his wife. He said “now that I know of the benefits and consequences of family planning I will definitely be encouraging my wife to join FP, because this is our fourth child and my wife had suffered a nervous breakdown before”. He also asked if it is free at any health center
- One woman was encouraged by her husband to share her experience using the injection. She said “I bled heavy for three weeks and had to stop using it”. Another woman shared she was on the pill and was very comfortable using it with no major side effects she then asked about using the IUD after childbirth and where she can get that done.
- Another participant stated that though she wasn’t exposed to much of the information shared, she was forced to consider preventative methods because after being involved in several failed intimate relationships she had terminated a few unwanted pregnancies, which had began to affect her both physically and psychologically
- Using a FP method allowed participants to work and contribute meaningfully to their family and this helped to improve the relationship with their spouse
- A female student remarked that more men need to know about the various methods and how they can benefit by having a healthier wife and children. She also echoed the sentiments of the other students that they enjoyed the session and they had never before been able to identify the link between choices and how domestic violence is sometimes more prevalent in families
- Participants recognized the importance of planning their family early so that those who want to empower themselves with a skill or further education can do so in future
- Members of the regional women and gender affairs committee received information on the benefits of using the female condom and the importance of sharing FP information and promoting the use of the female condom.