



# GO MEN GO RADIO PROGRAMME:

A Guide To Integrating Family Planning/Childbirth Spacing  
into NYSC Editorial Board Programmes

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# **GO MEN GO**

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A Guide To Integrating Family Planning/Childbirth  
Spacing into NYSC Editorial Board Programmes

Supported by Nigerian Urban Reproductive Health Initiative (NURHI 2)

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# ACRONYMS

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|                |   |
|----------------|---|
| <b>CBS</b>     | Childbirth Spacing                              |
| <b>CDS</b>     | Community Development Service                   |
| <b>CTU</b>     | Contraceptive Technology Update                 |
| <b>FP</b>      | Family Planning                                 |
| <b>IUD</b>     | Intra Uterine Device                            |
| <b>LAM</b>     | Lactational Ammenorhea Method                   |
| <b>mCPR</b>    | Modern Contraceptive Prevalence Rate            |
| <b>NURHI 2</b> | Nigerian Urban Reproductive Health Initiative 2 |
| <b>NYSC</b>    | National Youth Service Corps                    |
| <b>SBCC</b>    | Social and Behaviour Change Communication       |
| <b>SMoH</b>    | State Ministry of Health                        |
| <b>STIs</b>    | Sexually Transmitted Infections                 |
| <b>WHO</b>     | World Health Organization                       |

# ACKNOWLEDGEMENT

On behalf of the Director, Kaduna State Directorate of the National Youth Service Corps (NYSC) Scheme, I wish to express our sincere gratitude to the various organizations and individuals that work with us to meaningfully engage young people to effectively build their skills, knowledge and experience in reproductive health through their NYSC service year. We are indeed delighted that the experience gained by these beneficiaries will impact very positively on their health and development in the longer term, beyond the service year.

We would like to appreciate the leadership of the Johns Hopkins University Center for Communication Programs (JHUCCP)/Nigerian Urban Reproductive Health Initiative (NURHI 2) Project, Nigeria, Dr. Mojisola Odeku and her dynamic team, for their collaboration with the Agency to train the NYSC members on reproductive health information through the integration of family planning content into the existing Go Men Go Radio Programme conducted by the Editorial Board/Public Relations CDS Groups in Kaduna State and the Eko Corpers' Diary in Lagos State.

Specifically, the NURHI 2 Project has supported the Editorial Boards to develop Radio Guides to successfully integrate family planning/childbirth spacing messages into these radio programmes. NURHI has also trained other NYSC CDS Groups such as HIV/AIDS Peer Educator Trainers (CPET) during the orientation camp exercises. These engagements have culminated in the development of this Guide, to promote continuous integration of family planning/childbirth spacing messages into NYSC activities.

As a result of this integration, more young people will be exposed to correct information about family planning and also be empowered to access reproductive health services and information without fear of reprimand or social exclusion.

It is my sincere hope that this Guide will be adopted and used by NYSC State Directorates throughout Nigeria to integrate family planning messages into existing structures to promote correct information about family planning and also encourage young people to access reproductive health services.



Isa Wana  
State Coordinator  
National Youth Service Corps (NYSC)  
Kaduna State Directorate

# BACKGROUND

The National Youth Service Corps (NYSC) scheme was established on May 22nd, 1973 by Decree No.24 to promote national unity and encourage development of common ties among Nigerian youth. NYSC is a mandatory one-year service conducted by all Nigerians who graduate from a higher degree before the age of 30. During this one year of service, corps members (also known as corpers) are posted to various states to engage in voluntary service within their area of study or one related to their area of study

The NYSC service year has four key cardinal points;

- An orientation course held for three weeks, designed to foster interaction and unity among corps members from different parts of the country.
- A primary assignment allocation is given upon completion of the orientation course to enable corps members use their skills, with priority for rural posting to agriculture, education, health and infrastructure.
- During the primary assignment, the corps members are involved in Community Development Service (CDS) activities where they give back to their host community.
- On completion of the NYSC scheme, there is a passing out ceremony which includes a parade, honoring of outstanding corps members in the state and presentation of NYSC completion certificates.

## Community Development Service

This component of the NYSC scheme is targeted at fostering unity through developing the skills of corps members, while promoting volunteerism in community service. Corps members typically identify CDS groups to join during the three week orientation course; with groups ranging from Sustainable Development Goals (SDG), editorial board, medical and health services, and many more.

The **Editorial/Public Relations Group**, also known as the Editorial Board complements the activities of the NYSC Public Relations Unit in disseminating information to communities, utilizing mass media platforms such as radio and television to enlighten people on key topical issues.

Radio is the most common and pervasive medium of receiving information across Nigeria today. Many mobile phones have in-built radios and with a large number of Nigerians having access to a mobile phone, radio has a wide coverage in terms of geographical reach. It also has the capacity to reach a wide audience, up to millions at a time because it is affordable, accessible, easy to use, and available in a variety of languages without requiring any literacy.

The editorial board in Kaduna State, hosts a weekly live call-in programme on multiple radio stations across the state, to discuss various topics ranging from health to sports. The NYSC Editorial Board programme features on five radio stations namely:

- Coppers Forum—Capital Sound KSMC 90.9FM
- Coppers Voice—Kaduna State University FM KASU 98.5FM

- Kaduna Copper—Supreme FM 96.1
- Copper Shun or The Coppers Voice—Liberty Radio 97.1FM
- Coppers Corner—Invicta FM 98.9

In 2016, a Youth Corps member Muhammad Busairi, developed a 10 minutes segment called **‘Go Men Go’**, which is dedicated to advocating and promoting male involvement in family planning/child birth spacing. The programme is hosted by male corps members who had been trained by the Nigerian Urban Reproductive Health Initiative (NURHI 2) project on the integration of family planning messages into the existing NYSC radio programme.

Data from NURHI 2 Cross Sectional Studies conducted in 2017 revealed that 67.9% of people who listened to Go Men Go discussed family planning with spouse within 6 months prior to the survey.

As a result of these successes of the Kaduna NYSC Go Men Go live call-in radio programme, NURHI 2 also provided technical support to the Lagos State Editorial Board to integrate family planning content into the weekly Lagos State NYSC Editorial Board radio programme called Eko Corpers’ Diary which broadcasts on Eko 87.7 FM.

## **INTEGRATING FAMILY PLANNING/CHILDBIRTH SPACING INTO EDITORIAL BOARD PROGRAMMES**

With an annual intake of more than 250,000 fresh graduates across the nation comprising of young people below age 30, the NYSC scheme has the capacity to directly and indirectly reach millions of young people during their primary assignment and interactions with host communities. Young people, have unique characteristics and reproductive health needs due to their physical, mental and social development. Therefore, it becomes crucial to support them with the necessary reproductive health information to enable them to make informed choices and avoid risky sexual behaviours that can lead to unintended pregnancies and its complications, Sexually Transmitted Infections (STIs) and other social vices.

Integrating family planning/childbirth spacing content into the existing radio programmes of the editorial board CDS group of the NYSC will help create an avenue for corps members to get correct family planning/childbirth spacing information, dispel myths and misconception as well as get equipped with needed information to make positive decisions; while also empowering them to discuss family planning/childbirth spacing with other people.

To this end, The Nigerian Urban Reproductive Health Initiative (NURHI 2), a five-year funded project funded by the Bill & Melinda Gates foundation and implemented in three states- Kaduna, Lagos and Oyo, supported the Kaduna and Lagos State NYSC editorial boards to strategically integrate family planning messages into its weekly programming; with focus on the use of social and behaviour change interventions to promote family planning use.

This document is a training guide for the integration of family planning/childbirth spacing messages into established NYSC Editorial Board programmes. It is in two parts: orientation component and discussion guide.

The orientation component of the guide is designed to provide an overview of FP/CBS messages and how it can be incorporated on air.

The discussion guide is a hands-on manual for corps members who anchor the live radio programmes. It guides users through the content for each episode of the radio programme, highlighting issues around the topic at hand and providing messages to address them. Content for more episodes is available online at; <https://www.nurhitoolkit.org/node/133#.XlvIPBd7lok>

It can be used for the integration of FP/CBS messages into established NYSC editorial board programmes and a resource document for orientation of new editorial board members.

It is also a resource document for providing orientation to new NYSC Editorial Board corps members and a guide for developing family planning/child birth spacing messages for the Editorial Board radio programme. It can also be used by other NYSC state offices to train their Editorial Boards to provide holistic and accurate information of family planning/child birth spacing to its corps members.

Go Men Go can be adopted across NYSC Editorial board in all states that desire to integrate family planning content into radio discussion programmes in contributing to the country's efforts to increase CPR.

## ORIENTATION FOR CHILDBIRTH SPACING DISCUSSION ON RADIO

Orientation of On-Air Personalities and editorial board members who will handle the family planning discussions is important due to the sensitive nature of family planning. Discussions during the radio programmes should not reinforce myths and misconceptions about family planning but rather focus on the benefits.

The orientation is usually conducted as a one-day activity which provides an overview of FP/ CBS, its benefits, the different methods, common myths and misconceptions, and appropriate ways to respond to controversial questions on-air. It should be incorporated into the existing orientation schedule for new members of the editorial board.

### Sample Agenda for Training of NYSC Editorial Board for Go Men

| TIME              | ACTIVITY   | FACILITATOR                      |
|-------------------|--|----------------------------------|
| 10:00am — 10:15am | Registration of participants   | Secretariat                      |
| 10:15am — 10:20am | Welcome remarks  | Lead Facilitator                 |
| 10:20am— 10:45am  | Introduction/Expectation/Ground rules  | Lead Facilitator                 |
| 10:45am—12:00pm   | Introduction to Go Men Go <ul style="list-style-type: none"> <li>• Background of Childbirth Spacing Integration</li> <li>• Data on Previous Listeners and Feedback on impact of GMG in their lives</li> </ul>  | Go Men Go Coordinator            |
| 12:00pm—12:15pm   | <b>TEA BREAK</b>   |                                  |
| 12:15pm—1:30pm    | Contraceptive Technology Update: Family Planning Methods, Myths, rumors and misconception  | Family Planning Service Provider |
| 1:30pm—2:30pm     | Hosting a CBS based live call-in programme: <ul style="list-style-type: none"> <li>• How to answer controversial questions</li> <li>• Refer callers to health care facilities to speak with trained service providers</li> <li>• Prompt discussions/people to call in, role play various scenarios and identify appropriate actions</li> </ul> | Lead Facilitator                 |
| 2:30pm—3:30pm     | <b>LUNCH</b>   |                                  |
| 3:30pm—4:30pm     | Review topics from integration guidelines and identify 1 or 2 topics for discussion<br><br>Question and Answer   | Lead Facilitator                 |
| 4:30pm            | <b>WRAP UP</b>   |                                  |

## FACILITATOR GUIDELINES

The following are contents of the agenda to direct facilitators/new NYSC members on how to facilitate the training.

**Introduction of Participants:** The lead facilitator creates an interactive atmosphere for the training by adopting an interesting style of introducing participants. These approaches differ based on the number of participants involved in the training. The minimum information to be provided in an introduction include:

- o participant name
- o experience in hosting programmes
- o prior knowledge about childbirth spacing

Other information can be added at the discretion of the lead facilitator.

**Expectations:** participants are asked to outline their expectations for the training. The facilitator collates these and identifies areas of similarity between participant expectations and the objectives of the orientation. Expectations also help keep the workshop on track in terms of content delivery.

**Ground Rules:** Establish ground rules for the orientation.

**Introduction to Go Men Go:** This session provides an overview of the integration of FP/CBS to the programme. This background information is important for the new presenters, as it helps them understand the purpose of the integration and their role in promoting health on radio. This session is facilitated by the Editorial board coordinator.

**Contraceptive Technology Update (CTU) Family Planning Methods, Myths, Rumors and Misconceptions:** This session should be conducted by a trained FP/ service provider to ensure that all information provided is correct and up-to-date. Such service providers can be requested from the State Ministry of Health (SMoH) RH (Reproductive Health)/FP/CBS Coordinator. See annex for sample template for CTU.

**Hosting an FP/CBS based Live Call-in Programme:** A certain level of skill is needed to appropriately host and respond on a childbirth spacing live call-in programme. This is due to the sensitive nature of FP/CBS and the challenge of mistakenly reinforcing myths and misconceptions on air.

During this session, the facilitator and participants identify possible questions and proffer solutions to how they should be responded to on air. Depending on the number of participants to be trained, role plays should be done in pairs or groups to ascertain the ability of each participant to respond to tough questions appropriately. For example, a caller may indicate that either they or a friend have experienced undesirable effects of a contraceptive method; the host should respond by saying undesirable effects are common and often stop by themselves, however anyone who is uncomfortable with their method should go to a healthcare center and speak with a trained service provider.

**Review topics from discussion guide:** During this session, the facilitator explains how the radio programme is hosted, running participants through the process of each episode. Participants

will pick a topic they consider may be difficult to respond to, and the facilitator provides sample answers to questions for the episode.

**Questions and Answer:** Throughout the orientation, the facilitator should ask participants if they have any questions to ensure complete understanding of the subject matter.

## DISCUSSION GUIDE FOR CHILDBIRTH SPACING INTEGRATION IN NYSC EDITORIAL BOARD WEEKLY PROGRAMME

The overall purpose of integrating family planning/childbirth spacing into the NYSC weekly radio programme is to promote male involvement in contraceptive uptake, while addressing behavioural attributes and perceptions that have been identified to determine contraceptive use. these are referred to as ideational factors\*\*.

The objectives of this programme are as follows:

### **1. Reinforce the following 4 ideational factors for Childbirth Spacing (CBS) most closely associated with contraceptive use:**

- I. Reject myths and misconceptions—focus on the four most common myths:
  - CBS associated with infertility in future
  - CBS associated with promiscuity
  - CBS use is bad for one’s health
  - CBS causes health problems in future.
- II. Encourage couple discussion about family size and childbirth spacing
- III. Correct information about the modern methods, including their effectiveness, safety, and potential undesirable effects
- IV. Build self-efficacy among men to encourage modern contraceptive use

### **2. Provide information that:**

- I. Clarifies facts about FP/CBS methods
- II. Emphasizes the safety and effectiveness of methods
- III. Counters the four common myths
- IV. Encourages Couple Communication
- V. Encourages young people to discuss Life planning among themselves

The primary audience for this programme are sexually active men between the ages of 15 to 30 years old. The primary audience for this programme are sexually active men between the ages of 15 to 30 years old.

## OVERALL MESSAGE

The overall message of Go Men Go programme is: **family planning/childbirth spacing methods are a healthy and effective way to help you achieve the life you desire.** Whatever you have determined as the “life you desire” family planning/childbirth spacing can help you achieve it. There is no imposition of what it is or should be. It is totally dependent on the user.

### *Key Messages*

- Make family planning/childbirth spacing a regular part of your life.
- Family planning/childbirth spacing methods are effective, safe and acceptable.
- Family planning/childbirth spacing makes relationships stronger and more intimate.
- There is a family planning/childbirth spacing choice for everybody. The right method is the one that suits you and you have the right to choose.
- One in every three women in our states is using a modern FP/CBS method. Everyone is doing it.
- “Person wey sabi” dey use family planning /childbirth spacing.
- Family planning/childbirth spacing methods are a healthy way to time pregnancies for women of reproductive age, regardless of whether or not they have already given birth to children. • Family planning/childbirth spacing methods help the family manage its available resources so the children can grow healthy and be well educated.
- Family planning/childbirth spacing providers at facilities with the Get it Together puzzle piece logo and the Green Dot Logo have been trained to be friendly and will provide quality counseling and services to any man or woman who request them.
- A woman can and should use a modern family planning/childbirth spacing method immediately after childbirth to prevent pregnancy before the baby has grown and the woman has fully recovered.

*Radio Programme Format* Go Men Go is a 10-minute segment within the existing 25 minute weekly radio programme hosted in Kaduna State. Upon adoption, States could increase the time allotted to encourage robust discussion.

*Note for Presenters:* Presenters should pay attention to local nuances with regards to the preferred term for FP/CBS; for example, in the north, it is referred to as childbirth spacing (*tazaran haihuwa*) and in the south, *family planning*.

*Dealing with Undesired Effects:* Some modern methods have undesired effects; these undesired effects are not signs of illness and some women do not experience them at all. Most undesired effects become less and stop within a short period. The client should go back to the health provider for help if the undesired effects bother them. It is important that the hosts mention this frequently during the radio programme.

*Incorrect Beliefs: Myths and Misconceptions:* Similarly, due to the persistence of myths and misconceptions, it is important that the content of the program addresses the four major myths which include:

- P/CBS causes a delayed return to fertility and may cause infertility in future: to counter this information, inform the listener that family planning methods are safe and once discontinued, return to fertility is almost immediate depending on the individual. Temporary family planning methods do not affect future fertility; this includes all methods except the surgical methods. Remember, everybody is different and unique and bodies respond/react to things differently.
- Women who use FP/CBS are promiscuous: to counter this myth, inform the listener that promiscuity is the practice of having sex frequently with different partners. Sexual responsibility is a personal decision. A man or woman who is promiscuous will be regardless of family planning use or not. Besides the barrier family planning methods of male and female condoms, other modern FP/ CBS methods do not protect from Sexually Transmitted Infections (STIs) including HIV.
- FP/CBS methods are dangerous to a woman's health: to counter this misconception, inform the listener that clients are given modern FP/CBS methods after comprehensive counselling considering all underlying medical conditions and methods that are recommended. An unhealthy lifestyle may create health challenges whether there is contraceptive use or not.
- FP/CBS methods fail: to counter this misconception, inform the listener that modern FP/CBS methods are highly effective. Recorded failure rates in 1 year showed that between 0 to 20 women out of 100 women will experience failure of their method (depending on the type of contraceptive method used). Most occurrence of modern FP/CBS methods is associated with inconsistent and in correct use of the contraceptive method. Very rarely, contraceptive methods may fail for no known reason. Failure rates are highly reduced when contraceptives are provided by a trained provider.

## TOPIC SEQUENCE AND DISCUSSION NOTES FOR PRESENTERS

This segment of the guide provides discussion notes for 26 episodes of family planning/childbirth spacing message integration for the radio programme. The topics below outline content for each episode:

1. Introduction
2. Resting for tomorrow
3. The role models
4. The value of communication
5. Reproductive health right is for all
6. Family Planning/childbirth Spacing Method - Injectables
7. Exclusive Breastfeeding and family planning/childbirth spacing
8. Family planning/childbirth spacing method - Implant
9. Building trust between Partners/Spouses
10. Family planning/childbirth spacing method - Intra Uterine Device (IUD)
11. Preventing Unintended Pregnancy from the Labour Room
12. Service Providers are Supportive and Friendly
13. Modern Family planning/childbirth spacing methods and Fertility
14. Building Self Esteem
15. Great minds think alike (your friends are probably using family planning/childbirth spacing methods but you just don't know)
16. Religious Supports for family planning/childbirth spacing
17. Family planning/childbirth spacing improves Intimacy
18. Emergency Contraception Pills
19. Family planning/childbirth spacing and Your Health
20. How many Men can negotiate family planning/childbirth spacing use with their partner
21. Choosing modern methods over traditional methods

22. How Men can support their wife/Partner to use modern family planning/childbirth spacing including even if she is experiencing undesirable effects
23. Benefits of Reproductive Health Education to Youth and Adolescents by their Fathers
24. Stigmatization, Contraceptive and Teenage Pregnancy
25. Family planning/childbirth spacing methods for Men: Condoms/Vasectomy
26. Frequently asked questions about family planning/childbirth spacing

## EPISODE 1: INTRODUCTION

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Let's Talk"**

### **Discussion:**

Let's Talk! I know many people will like to know what we are talking about as we proceed on this GO-MEN-GO segment, we'll know why we need to talk and what to talk about. As we all know the segment is concerned about men playing their roles in promoting modern contraceptive use. Men as we all know are the head of the family and for that it is necessary and important for men to talk about family issues with their spouse.

Childbirth spacing is always an issue to some of our women because we don't encourage them to talk about their desires. Men, how many times do we give our women attention to air out their views about life with us? When we talk freely with our wives, it will be so much easier to discuss childbirth spacing with them.

Now, let's all know that it is very necessary and vital to talk about childbirth spacing with our women, letting them know that childbirth spacing is very good for the family because it helps parents plan the space in between their children, creating adequate time for the parents to spend with them thus ensuring proper raising of the kids and their wellbeing. Also, childbirth spacing enables women rest between births and achieve their dreams.

With these, all men Let's talk! To help build our homes perfectly, Let's talk! To encourage our women to use modern childbirth spacing methods. Let's talk!

### **Key Message:**

Talking to our women is very necessary in order to have a good and healthy family.

### **Provocative Question:**

How can family planning or childbirth spacing enhance your quality of life?

## EPISODE 2: RESTING FOR TOMORROW

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Resting for tomorrow"**

### **Discussion:**

As we had discussed last week, it is important for us to talk with our women about family planning/childbirth spacing and encourage them to use it. Today we will talk about the benefits of family planning/childbirth spacing and how it helps us and women to rest between children and allow us prepare a better future for ourselves and our families. As we know, family planning/childbirth spacing is the voluntary practice of waiting in-between pregnancies or delaying pregnancies. According to the World Health Organization (WHO), the advised space between children is two (2) years, as this gives women and families enough time to recuperate before preparing for the birth of another child. This means that when a family practices family planning/childbirth spacing, they have more time to rest properly, take care of their children and save for a better future.

Here are a few other benefits of family planning/childbirth spacing:

- It helps you achieve your desired goal
- It is a safe way for you and your partner to have children when you want them
- It is a safe way for parents to plan the next direction their family wants to take

### **Key Message:**

Family planning/childbirth spacing allows men and women rest between births and plan their families.

### **Provocative Question:**

What can you do today to enable you enjoy the future?

## EPISODE 3: THE ROLE MODEL

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"The Role Model."**

### **Discussion:**

Definition: A Role Model is someone who another person admires and tries to be like. On today's episode of GO MEN GO, we are going to discuss the issue of Role Models. Do we still have role models in the society that the young man can look up to? If I may ask, who is a role model? Apart from the earlier definition of role model, a role model can also be seen as a person whose behavior in a particular situation is imitated by others. i.e. a role model is someone that influences the community with his behavior. As men who are well informed about family planning/ childbirth spacing, it is important for us to inform our peers on the benefits of using these family planning/childbirth spacing methods and live with a life that supports and encourages people to use them. Then we can be role models for other men who need help understanding family planning/childbirth spacing.

### **Key Message:**

As a man your actions can influence another to imitate you or act like you.

### **Provocative Question:**

In what way can your life influence others?

## EPISODE 4: THE VALUE OF COMMUNICATION

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"The Value of Communication."**

### **Discussion**

Even though many couples talk about regular things like food or work, many have a culture of silence around discussing intimacy or childbirth spacing.

Family planning/childbirth spacing is considered a personal matter related to sexuality and reproductive body parts, as such people shy away from openly discussing them, but that isn't the way to go.

Couples might think that family planning/childbirth spacing is not a concern for either one of them as no one has brought it up (each one is waiting for the other). It is important for men to understand the value in discussing family planning/childbirth spacing with their partners and know that any time is a good time to begin the discussion. When men start the conversation about childbirth spacing, it gives peace of mind and makes for a more trusting relationship. Also, two people making a joint decision are better than one person so a couple that discusses family planning/childbirth spacing builds a strong relationship and are united in their goals for their family.

### **Key Message:**

When you have an open and honest conversation with your spouse, you can discuss many things including family planning/childbirth spacing.

### **Provocative Question:**

At what point should couples discuss the desires for their families?

## EPISODE 5: START EARLY

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Start Early."**

### **Discussion**

The average young person hears the phrase—family planning/childbirth spacing—and switches off thinking that they do not have children so it doesn't apply to them. Many young people are unaware of their reproductive health rights as it concerns planning their lives and preventing pregnancy. It is never too early to start thinking of how many children you want to have and the space between them.

Thus, it is very important for young men and women to know the facts about family planning/childbirth spacing and begin to consider their options. This way, young people are in charge of their reproductive health and can begin to plan their lives with complete knowledge. Modern family planning/childbirth spacing methods are safe and reliable, once you stop, your fertility returns immediately. For more information on modern family planning/childbirth spacing methods visit any the nearest health facility or dial 3-2-1 from an Airtel line for free.

### **Key Message:**

It is never too early to learn about reproductive health and how it affects your life.

### **Provocative Question:**

What do you know about family planning/childbirth spacing?

## EPISODE 6: FAMILY PLANNING/CHILDBIRTH SPACING METHOD - INJECTABLES

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is about **"The Injectable Family planning/childbirth spacing method."**

### **Discussion**

Injectables are a modern family planning/childbirth spacing injections given by a trained health worker to help couples have children when they are ready and not by chance. There are two types of injectables available at health facilities. These are given every two months or three months and are an effective modern family planning/childbirth spacing method.

Injectables are a quick and easy as they only require the woman to receive them every two or three months, depending on the type taken. They are safe for breastfeeding mothers whose infants are more than six weeks old.

Just as there are temporary changes in a woman's body when she is pregnant, there may also be some temporary changes when she is taking injectables. They may cause changes in menstruation pattern, headache, mild weight change and tenderness around the breast. It is important for men to be aware of these changes and support their wives as they experience them.

Visit the nearest health facility to seek for more information about Injectables and don't forget to talk with your family, friends and neighbors about modern family planning/childbirth spacing methods.

"Seek knowledge for a better living."

### **Key Message:**

Myths and misconceptions about injectables are often blown out of proportion, visit the nearest health facility and seek for more information on injectables.

### **Provocative Question:**

How can family planning or childbirth spacing enhance your quality of life?

## EPIISODE 7: BUILDING TRUST

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Building Trust."**

### **Discussion**

One in three women in Nigeria is using a modern family planning/childbirth spacing method. Most of them are married and the decision to use a method was made together with their husbands. However, some women are afraid to use modern family planning/childbirth spacing methods because there are people who label users of modern family planning/childbirth spacing methods as promiscuous, when this is not true. People who use modern family planning/childbirth spacing are responsible people who deliberately decide to time pregnancies so that they can cater adequately for their children. If you speak positively about family planning/childbirth spacing, you may be helping another person or couple find out how they can also make their own relationship stronger.

### **Key Message:**

Building trust in your relationship helps make seemingly tough decisions easier.

### **Provocative Question:**

How can you build trust in your relationship?

## EPISODE 8: FAMILY PLANNING/CHILDBIRTH SPACING METHOD - IMPLANTS

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is on the **"Family planning/childbirth spacing method - Implants."**

### **Discussion:**

Implants are modern family planning/childbirth spacing methods that are inserted (put) in a woman's arm and can work for up to 3 or 5 years, depending on the type of implant a woman chooses. Implants have lots of benefit such as:

- It is long lasting and convenient, requires few trips to the clinic
- It is safe for breastfeeding mothers to use once their baby is six weeks old
- When a couple desires another child, the fertility of the woman will return when she removes the implant.

Some women experience some possible undesired effects such as changes in menstrual patterns and weight.

Not all women experience these undesired effects but if they do occur, stay calm. Know that they are not dangerous and usually only happen during the first few months of use. They usually resolve by themselves after some time. If your wife experiences these, support her through them, knowing that they are temporary and stop over time.

Many women have used Implants without experiencing any undesirable effects, any woman who experiences any undesired effect should go to her service provider.

### **Key Message:**

Undesirable effects are temporary, they are only experienced for a short time.

### **Provocative Question:**

Have you ever refused going to seek for information on something you don't know?

## EPISODE 9: CREDIBLE SOURCES OF INFORMATION

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is "**Credible Sources of Information.**"

### **Discussion**

In life, knowing the appropriate place/person to receive information is very important in avoiding the spread of misinformation. Some people go to their friends, family and peers to find out information and are often misled because these people are not trained or qualified to provide such information. This also applies to reproductive health information; young people and adults need to be aware of the credible and reliable sources of reproductive health information such as family planning/childbirth spacing methods.

The most credible source of family planning/childbirth spacing information is health facilities with the Green Dot logo or Get It Together Puzzle piece logo, here, service providers have been trained to provide full information on family planning/childbirth spacing.

To locate a health facility near you, dial 3-2-1 for free from any Airtel phone.

### **Key Message:**

Benefits of family planning/childbirth spacing to men.

### **Provocative Question:**

Where do you access health related information?

## EPISODE 10: FAMILY PLANNING/CHILDBIRTH SPACING METHOD INTRAUTERINE DEVICE

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is on the **"Family planning/childbirth spacing method - Intrauterine Device (IUD)"**.

### Discussion

The IUD is also called the "coil". It is inserted into a woman's uterus and works by preventing the sperm and egg from meeting.

#### Benefits of the IUD

- Convenience. The client does not have to go back to the clinic once the IUD is in place
- The IUD is a very effective method
- Long term pregnancy prevention; you will feel safe that there is no risk of unplanned pregnancy for up to 10 years
- IUDs are safe for women and can be removed at any time. A woman's fertility returns immediately it is removed
- IUD may be inserted 2 days after delivery, and is very good for breast feeding mothers
- The IUD cannot move to any other part of the body after it is in place
- The IUD does NOT cause discomfort for the man or the women during sex
- It does not cause infertility. As soon as it is removed, the woman will return to her normal fertility.

The IUD must be inserted and removed by a trained provider and is available at childbirth spacing clinics. Return to your health care provider if you have any concerns.

Some women may experience temporary cramping and bleeding immediately after insertion. Others experience changes in menstrual patterns for the first 3 – 6 months of use. Not all women experience these changes.

#### Key Message:

The IUD is safe with lots of benefits and there is no risk of unplanned pregnancy for up to 10 years.

#### Provocative Question:

What have you heard about IUDs?

## EPIISODE 11: SUPPORTIVE HEALTH PROVIDERS

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Supportive Health Providers."**

### **Discussion**

Many family planning/childbirth spacing service providers have been trained to provide friendly services. When you visit any health facility, you can expect service providers to:

- Listen patiently to clients, understanding their needs and providing information on all available options relevant to the client. This way, they are able to support the client to choose a method that best suits them
- Respect clients' choices regardless of the clients' age, marital status or number of children they have
- Take the time to answer their questions
- Be trustworthy and keep information confidential (i.e they will not tell anyone)
- Provide quality, unbiased services to all clients, regardless of age, parity, marital status, or socio-economic status

To find quality modern family planning/childbirth spacing services nearest to you, locate a health facility where you see the Green Dot Logo or 'Get it Together' logo, with the three puzzle pieces of blue, yellow and orange.

### **Key Message:**

Trained modern family planning/childbirth spacing providers are located in any health facility where you see the Green Dot Logo.

### **Provocative Question:**

Does the fear of an unfriendly service provider stop you from seeking information about family planning/childbirth spacing?

## EPISODE 12: MODERN CHILDBIRTH SPACING AND FERTILITY

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, on and about men and definitely for men. Today's episode is **"Modern family planning/childbirth spacing and fertility."**

### Discussion

Modern family planning/childbirth spacing methods are safe for women regardless of age, number of children or marital status. All the methods are temporary, except tubal ligation. With the temporary methods, as soon as a woman stops using the method, she can become pregnant. For most methods, return to fertility is immediate. While for others, it may take a while. Some clients who use injectables do experience a delay of a few months before they become pregnant. The time it takes to become pregnant after discontinuing injectables varies from woman to woman, depending on body type. Eventually, however, fertility will return to just how it was before you started the injections.

Even if young people use a modern family planning/childbirth spacing method before they have had any children, once they discontinue the method, they will return to their original fertility. When getting a modern family planning/childbirth spacing method, your provider will counsel you on a wide variety of methods and support you to choose the one that best suits you.

### **Key Message:**

Modern family planning/childbirth spacing methods do not cause infertility but some women experience delay in return to fertility.

### **Provocative Question:**

How can family planning/childbirth spacing address your fertility concerns?

## EPISODE 13: PREVENTING UNINTENDED PREGNANCY FROM THE LABOUR ROOM

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, on and about men and definitely for men. Today's episode is **"Preventing Unintended Pregnancy from the Labour Room."**

### **Discussion**

Many new mothers get pregnant sooner than they were intending after having a baby because they do not believe they can get pregnant soon after delivery.

It is important for pregnant women and new mothers to know that modern family planning/childbirth spacing methods are safe and can be used immediately after delivery. Modern family planning/childbirth spacing provides women and new mothers the cover and assurance of preventing pregnancy after delivery.

There are several modern family planning/childbirth spacing methods that women can safely use immediately after childbirth. These include daily mini-pills (progestin only pills), IUD, male and female condoms, lactational ammenorhea (LAM) also known as exclusive breastfeeding, and tubal ligation. All other methods including injectables and implants can be started six weeks after delivery. All these methods are safe for breastfeeding mothers. Husbands and wives should discuss the various childbirth spacing methods available for use during pregnancy with a service provider and choose a method to be used after delivery.

### **Key Message:**

Women can start using a modern family planning/childbirth spacing method immediately after delivery.

### **Provocative Question:**

As a new father, what are you and your wife doing to prevent pregnancy?

## EPISODE 14: BREASTFEEDING AND FAMILY PLANNING/CHILDBIRTH SPACING

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is "**Breastfeeding and family planning/childbirth spacing.**"

### **Discussion**

Exclusive breastfeeding is **ONLY** effective as a family planning/childbirth spacing method if women meet ALL 3 of the following conditions:

1. Mother's menstrual period has not returned since delivery,
2. Baby feeds exclusively on breast milk on demand day and night (no water or other baby food) and
3. Baby is less than six months old.

If a woman falls out of any one of the above criteria (i.e. if she begins menstruating or if the baby is given anything other than breastmilk or the baby reaches six months), the couple must select another modern contraceptive method at once in order to stay protected from unintended pregnancy. Breast milk contains all the essential nutrients your Baby needs for normal growth and development, breast milk contains antibodies that prevent your babies from having infections, asthma or allergies. There are many other modern family planning/childbirth spacing methods that are safe for nursing mothers, that can give women peace of mind to know when they want to have their next child when they are ready. These modern family planning/childbirth spacing methods do not cause giving birth to deformed babies. Find out about more about these methods from your family planning/childbirth spacing service provider, or dial 3-2-1 from your Airtel line.

#### **Key Message:**

Exclusive breastfeeding is **ONLY** effective as a family planning/childbirth spacing method if a woman meets all three conditions for exclusive breastfeeding.

#### **Provocative Question:**

What are the requirements for exclusive breastfeeding to be effective?

## EPIISODE 15: GREAT MINDS THINK ALIKE

Welcome to our fabulous and entertaining segment GO MEN GO, our programme by men, with men, about men and definitely for men. **Today's episode is "Great minds think alike."**

### **Discussion**

There are more people around you who use modern family planning/childbirth spacing methods than you know. More users now discuss their experience using modern methods publicly, and this has helped many intending users to adopt a method. Couples can find out about those using family planning/childbirth spacing by speaking to their family, friends or neighbors about it.

Friends can play a positive role in the following ways;

- They can tell their friends that modern family planning/childbirth spacing methods are safe and effective based on their own experiences
- They can ask their friends what their plans are for their family size or children's education
- Friends can direct a one another to access quality family planning/childbirth spacing information or services
- They can speak positively about their family planning/childbirth spacing use to friends

### **Note to Presenters**

Include role play with young people discussing how to share correct information about reproductive health with their friends.

#### **Key Message:**

As a man you should feel free to discuss your experience of modern family planning/childbirth spacing with your friends and colleagues.

#### **Provocative Question:**

How would you talk to friends about family planning/childbirth spacing?

## EPISODE 16: RELIGIOUS SUPPORT FOR FAMILY PLANNING/CHILDBIRTH SPACING

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Religious support for family planning/childbirth spacing"**

### Discussion

There is a big misconception that Christianity and Islam do not support family planning/childbirth spacing, however that is not true at all. There are scriptures from the Bible and Quran that show support for planning and spacing births.

- Bible verses support family planning for example in Luke 14: 28- 30 it states that *"For which of you intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it? Lest haply, after he hath laid the foundation and is not able to finish it, all that behold it begin to mock him. Saying this man began to build and was not able to finish."*
- Islam also approves of childbirth spacing and the Qur'an speaks about it in a number of places. Surah 2: 2-33 states that *"Mothers may nurse infants for two whole years, for those who desire to complete the nursing period. It is the duty of the father to provide for them and clothe them in a proper manner. No soul shall be burdened beyond its capacity. No mother shall be harmed on account of her child and no father shall be harmed on account of his child. The same duty rests upon the heir. If the couple desire weaning, by mutual consent and consultation, they commit no error by doing so. You commit no error by hiring nursing-mothers, as long as you pay them fairly. And be wary of God, and know that God is Seeing of what you do."*

So you see, all you need to do is speak to your religious leader to find out more ways your religion supports family planning/childbirth spacing?

### Note to Presenters

Include recording of a religious leader speaking in favour of family planning. Contact family planning advocacy group within the state to help identify such recordings.

#### Key Message:

Listeners should know even religion supports family planning/childbirth spacing.

#### Provocative Question:

Can you quote verses or texts in your religion that support family planning/childbirth spacing?

## **EPISODE 17: FAMILY PLANNING/ CHILDBIRTH SPACING IMPROVES INTIMACY**

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Family planning/childbirth spacing improves intimacy."**

### **Discussion**

Men out there, has your wife ever run away from you because she is afraid of getting pregnant? We have heard so many stories of husbands sleeping in the parlor because the wife is afraid of unplanned pregnancy. On the other hand, a woman who is using a modern family planning/childbirth spacing method is not afraid of unplanned pregnancy and will relax and enjoy better intimacy. The man will feel happy that his partner is intimate without worry.

Some people say that some of the modern contraceptive methods reduce a woman's sexual desire. This is usually NOT the case. Women react differently to the methods—not all bodies react the same and there are a variety of reasons why a person's interest in sex changes. If this is a concern, you should visit your health worker and discuss other options available to you.

### **Note to Presenters**

Please exercise caution when discussing this topic to ensure the conversation does not breach NBC regulations.

#### **Key Message:**

Use of modern family planning/childbirth spacing methods can improve relationship between couples.

#### **Provocative Question:**

How can intimacy between a couple be improved?

## EPISODE 18: EMERGENCY CONTRACEPTION PILLS

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"emergency contraception pills."**

### **Discussion**

Emergency contraception pills are pills that a woman takes within 120 hours (5 days) of unprotected sex to prevent pregnancy. The sooner they are taken after sex, the better they prevent pregnancy. They are available at most pharmacies, drug shops and health facilities. The pills work by preventing sperm from meeting an egg, they do not cause abortion, it is a safe and effective method of preventing pregnancy after having sex when you were not using a modern childbirth spacing method.

It is not a family planning/childbirth spacing method and should be used only for emergency situations of unplanned or unprotected sexual intercourse.

Women should use modern family planning/childbirth spacing methods such as injectables, implants, IUDs, pills and condoms to routinely and effectively protect themselves from unplanned pregnancy.

### **Key Message:**

Emergency contraceptive pills are taken only for emergency. Use a modern family planning/childbirth spacing method to prevent pregnancy, rather than continuously use emergency contraception pills.

### **Provocative Question:**

What is the purpose of emergency contraceptive?

## EPISODE 19: FAMILY PLANNING/CHILDBIRTH SPACING AND YOUR HEALTH

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Family planning/childbirth spacing and your health."**

### **Discussion**

Modern family planning/childbirth spacing methods improve the health of women and children and the entire family. Any investment you make for family planning/childbirth spacing is worth it because:

1. You will be able to space births optimally so that your body can recover from childbirth, and you can breastfeed and care for your baby before you become pregnant again
2. Babies born at least 2 years apart are less likely to be sickly and die during childhood
3. Financial burden related to day to day upkeep such as housing, children's school fees, bills will also be reduced
4. There will be less conflict over sexual intimacy
5. The family will be a role model for other families because they are healthy, less stressed, and financially stable and have reduced conflict.

### **Key Message:**

Using a modern family planning/childbirth spacing method will keep you healthy.

### **Provocative Question:**

Do you care about the health of your wife? Would you want to see your wife die because she is bringing a life to the world?

## EPISODE 20: NEGOTIATING FAMILY PLANNING/CHILDBIRTH SPACING WITH YOUR SPOUSE

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Negotiating family planning/childbirth spacing with your spouse."**

### Discussion

While a good number of men do not desire large families, many are not taking the responsibility to have conversations with their partners/wife about how many children to have and how they intend to space pregnancies.

A man stands to benefit a lot from negotiating child spacing with his partner. He will feel more responsible and secure jointly taking care of his family/partner. He will feel happy in discharging his responsibility as a supportive partner/spouse.

The steps to negotiating family planning/childbirth spacing with your wife are as follows:

- Find out the facts about modern family planning/childbirth spacing methods from a trusted source of information such as a service provider.
- Find a good time to have the discussion – when the other person is relaxed and happy, after watching a favorite programme or later at night before you go to sleep.
- Share that you can have a family size that you could cater for; this would enable you to send your children to schools of your choice, and also allow you and your spouses to have time for each other.
- Share ideas on how your combined savings can give her a better life, like focusing on her career or business and have enough time for family holidays
- Discuss, listen to each other and reach an agreement between both spouses.
- Act on your decision.

### **Key Message:**

Men should initiate family planning/childbirth spacing discussion with their spouse because it benefits them too.

### **Provocative Question:**

How would you bring up the topic of modern family planning/childbirth spacing with your spouse?

## EPISODE 21: CHOOSING MODERN METHODS OVER TRADITIONAL METHODS

Welcome to our fabulous and entertaining segment GO MEN GO, our programme by men, with men, about men and definitely for men. Today's episode is **"Choosing modern methods over traditional methods."**

### **Discussion**

Many people want to plan their families and are not taking the necessary steps to achieve this. However, sometimes they use traditional methods such as rhythm and withdrawal, which are less reliable than the modern methods. Failure of traditional methods has left many women with unplanned pregnancies.

- Modern family planning/childbirth spacing methods are reliable, safe and effective, unlike traditional methods which are less reliable
- Modern methods give you peace of mind and enhances intimacy between couples
- Using modern family planning/childbirth spacing methods protects you from getting pregnant when you're not ready
- Most modern family planning/childbirth spacing methods do not interfere with sex, unlike withdrawal and rhythm methods
- Know that you can also enjoy this by going to any of the well-trained service providers in facilities where you see the get it Together campaign logo of Blue, Yellow and orange puzzle pieces.

Modern family planning/childbirth spacing methods include pills, implants, IUD, condoms, injectables, vasectomy and tubal ligation. There is a modern family planning/childbirth spacing method for everyone and you have the right to make that choice.

#### **Key Message:**

Modern family planning/childbirth spacing methods are more effective and reliable.

#### **Provocative Question:**

In this day and age, why do couples use traditional methods instead of modern ones?

## EPISODE 22: HOW MEN CAN SUPPORT THEIR WIFE/PARTNER TO USE MODERN FAMILY PLANNING/CHILDBIRTH SPACING EVEN IF SHE IS EXPERIENCING UNDESIRABLE EFFECT

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"How men can support their wife/partner to use modern family planning/childbirth spacing including even if she is experiencing undesirable effect."**

### **Discussion**

Family planning/childbirth spacing is not just the responsibility of women but also the responsibility of men. The health of the family will not only affect women but men also. Men are often charged with the responsibility of ensuring every member of the family is healthy. It is the responsibility of a man to:

- Know the facts about modern family planning/childbirth spacing and that they are safe and effective.
- Support his partner to get a modern family planning/childbirth spacing method by providing transportation when she needs to go to the facility, giving approval, reminding her when it is time to renew her method
- Support his partner even if she is experiencing any undesirable effect by helping her keep calm and reassured, and if it really bothers her, take her to the health facility.

Men should support family planning/childbirth spacing because it will help them achieve their dreams such as providing well for their families, live healthier lives (because they are less stressed) and enjoy increased sexual intimacy with their wives.

If men are concerned about undesired effects, they can visit one of the friendly health providers

#### **Key Message:**

Men should support their wives to access modern family planning/childbirth spacing.

#### **Provocative Question:**

Have you ever been to the hospital on your wives' health?

## EPISODE 23: BENEFITS OF REPRODUCTIVE HEALTH EDUCATION TO YOUTH AND ADOLESCENTS

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Benefits of Reproductive Health Education to Youth and Adolescents."**

### **Discussion**

It is important for parents or other older relatives to have open and honest conversations with young people about reproductive health. Your child will be more likely to avoid pregnancy, sexually transmitted infection and know more about body changes when growing up. Discussing reproductive health issues with young people has a lot of benefits as:

1. You can be confident that your children have the right information
2. They are less likely to fall prey to sexual pressure because they know sex isn't the best/only way to demonstrate love
3. They are aware of the consequences of sex before they're ready (emotional) and the likelihood of pregnancy (physical)
4. Discussing reproductive health with young people early enough helps them make informed choices or share a trustworthy source of information or take them for counselling at a friendly clinic.

### **Key Message:**

Families should understand the benefits of discussing reproductive health with their children.

### **Provocative Question:**

What would you do if someone told you your teenager is having sex?

## EPISODE 24: STIGMATIZATION, CONTRACEPTIVE AND TEENAGE PREGNANCY

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is "**Stigmatization, Contraceptive and Teenage Pregnancy.**"

### **Discussion**

stigmatization is an act of describing or regarding someone or something as worthy of disgrace or great disapproval. With the right orientation, a girl child that is sexually active can protect herself against teenage pregnancy and not be labeled or stigmatized in the society. Stigmatization can lead to young girls dropping out of school, changing community and can leads to depression. If the girl's pregnancy is not properly managed it can lead to her death or the baby's death.

#### **Key Message:**

Teenage pregnancy is preventable with family planning/childbirth spacing.

#### **Provocative Question:**

Can your judgement or opinion concerning a girl's sexual reproductive rights cause more harm than good?

## **EPIISODE 25: FAMILY PLANNING/CHILDBIRTH SPACING METHODS FOR MEN: CONDOMS AND VASECTOMY**

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is **"Family planning/childbirth spacing methods for men: condoms/vasectomy."**

### **Discussion**

There are two modern family planning/childbirth spacing methods for men: condoms and vasectomy. Male condoms are easy to use, affordable and readily available. Condoms do not just prevent pregnancy but protect partners from sexually transmitted infections.

Vasectomy is a permanent method of family planning/childbirth spacing for men. The couple should discuss extensively and agree before choosing vasectomy, because it is a permanent procedure. In vasectomy, a trained provider performs a simple and painless procedure that stops the tubes carrying sperm from the testicles. With no sperm, the man cannot get a woman pregnant. Vasectomy does not affect sexual function. Visit a family planning/childbirth spacing service provider in the nearest health facility and seek for more information.

#### **Key Message:**

Condoms and vasectomy are effective family planning/childbirth spacing methods used by men.

#### **Provocative Question:**

What do you think about family planning pills develop for men? Would you use them?

## EPISODE 26: FREQUENTLY ASKED QUESTIONS ABOUT CHILDBIRTH SPACING

Welcome to our fabulous and entertaining segment **GO MEN GO**, our programme by men, with men, about men and definitely for men. Today's episode is on **"Frequently asked questions about childbirth spacing."**

### **Discussion**

Anyone can use modern childbirth spacing methods so long as you are having sex, it is not dangerous to your health and will not cause health problems in the future. Some of the modern childbirth spacing methods have some undesired effects which are not signs of illnesses. Some women do not experience them at all, while some women have changes in monthly menstrual patterns, headaches, weight loss or gain, breast tenderness etc, these are temporary and should not cause concerns. Temporary childbirth spacing methods do not cause infertility, infertility can be caused by a number of reasons and use of childbirth spacing methods is not one of them. Modern childbirth spacing methods have nothing to do with promiscuity; promiscuity existed long before the introduction of modern childbirth spacing. It can fail if is not used correctly.

Exclusive breastfeeding method and the intrauterine device can be used immediately after childbirth. All modern methods can be safely used by breastfeeding mothers. Consult your health care provider to find out which method is best for you. It is best to talk with the provider about this while you are pregnant so you have a plan in mind.

### **Key Message:**

Answers to frequently asked questions are readily available at a childbirth spacing clinic near you.

### **Provocative Question:**

What questions do you have about modern childbirth spacing methods?

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# ANNEX

## Contraceptive Technology Update

### Outline



- Background
- Definition of Family Planning
- Benefits of Family Planning
- Types of Family Planning Methods

### Background



Population over 201 million with an average growth rate of 2.6% (UN 2019 State of the World Population Report)



#### According to NDHS 2018:



Women have an average of 5.3 children



Maternal Mortality Rate –512/100,000 live birth

- Percentage of women who use any method among married women– **17%**
- Family Planning (FP) Unmet need –**19%**

### Definition of Family Planning

The WHO definition of Family Planning states that it is **“a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitudes and responsible decisions by individuals and couples in order to promote health and welfare of the family group and thus contribute effectively to the social development of the country.”**



## Benefits of Family Planning-Mother



- Reduces maternal deaths by 30%
- Prevents unintended pregnancies and reduces unsafe abortion related deaths
- Allows more time to care for a child (*physically and psychologically*)
- Allows mothers the opportunity to rest and recover fully between pregnancies
- Helps mothers have time to develop themselves and contribute to the family's upkeep
- Enables longer breastfeeding period

## Benefits of Family Planning-Father

- Eliminates the fear of unintended pregnancy
- Promotes father's social well being
- Allays anxiety and stress thus preventing ill health and premature death
- Enables him to play the role of a father better and plan for the future of the children
- Provides him quality time and close relationship with the family



## Benefits of Family Planning-Children



- Enables the child to receive adequate care and attention from parents and promotes bonding
- Mitigates child labour and trafficking
- Reduces prematurity, malnutrition, infant illnesses and death
- Promotes better health and educational opportunities

## Benefits of Family Planning-Community

- Allows community to plan and manage its resources effectively
- Discourages crime within the community
- Promotes community unity
- Reduces infant and maternal illness and death
- Reduces teenage pregnancy and abortion



## Benefits of Family Planning-Country



- Promotes socio-economic development
- Improves quality of life

## Types of FP/ Spacing Methods

### 1. Traditional

- Abstinence
- Withdrawal method

### 2. Natural Methods such as

- γ Standard Day Methods
- γ Calendar üBasal body temperature
- γ Cervical mucus method (CMM) or Billings Ovulation Method (BOM)
- γ Lactation Amenorrhea Method (LAM)

### 3. Modern Methods

#### Traditional Method

##### Abstinence

- Sexual abstinence means having no sexual intercourse at all (primary) or choosing to abstain from further sexual engagement(secondary).
- 100%effectiveaslongasit'sactuallyabstinent
- Requirespartnerscooperation

##### Withdrawal Method

- By this, sperm is prevented from entering into the vagina
- One of the least effective FP methods, about 22 pregnancies occur in every 100 women
- Sperm is usually present in the pre-ejaculatory fluid and the male may fail to withdraw completely before ejaculation which can lead to pregnancy
- Requires partners cooperation

## Natural Methods

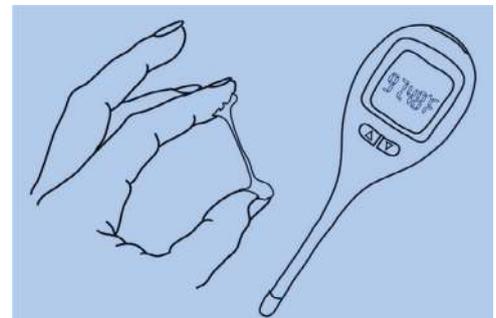
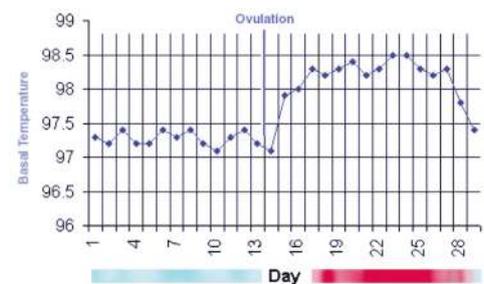
### Standard Day Method/ Calendar Method

- 88% effective –12 pregnancies in 100 women
- Ideal for women whose menstrual cycles are usually regular, between 26 and 32 days long.
- The client uses a calendar or CycleBeads®, a string of color-coded beads, to track the days they can get pregnant and the days they are not likely to get pregnant.
- On the days the client can get pregnant, they must abstain from having unprotected sex or use a barrier method



### Basal Body Temperature (BBT) Method (Ovulation/Safe Period)

- The basal body temperature method uses a woman's temperature when at rest to determine when ovulation occurs.
- Ovulation may cause a slight increase in basal body temperature
- Cervical Mucus or Billings Ovulation Method
- Billing's method is based on changes that take place in the quantity and quality of the cervical mucus during the menstrual cycle.
- Have sexual intercourse during the 'dry' days when no mucus appears
- Abstain from intercourse once mucus appears and continue abstinence until our days after mucus has ceased to be felt



### Some Facts About Natural Methods

- No physical side effects
- Encourage couples to communicate about family planning and sexuality (requires partners cooperation)
- Requires high motivation for success
- Restricts sexual spontaneity
- Not suitable for women with irregular menstrual cycles

## Modern Methods

- Exclusive Breastfeeding Method -Lactational Amenorrhea Method

### Short Acting Methods

- Barrier (male and female condom, diaphragm)
- Oral Pills (combined oral pills, mini pill, emergency contraception)
- Injectables (Depo-Provera, Noristeratand DMPA-SC)
- Vaginal ring
- Contraceptive patch

### Long Acting Reversible Contraceptive methods

- Implant
- Intra-Uterine Device (Hormonal and Non-hormonal)

### Permanent Contraceptive methods

- Vasectomy and Tubal Ligation

## Exclusive Breastfeeding -Lactational Amenorrhea Method (LAM)

- Exclusive Breastfeeding delays the return of fertility, can be started immediately after giving birth. LAM is an effective method only:
  - ü When the woman breastfeeds exclusively (feeding on demand day and night,no water, food or herbs)
  - ü Menstrual bleeding after delivery has not returned
  - ü The infant is less than 6months old
- It is about 98% effective if all 3 criteria are met
- This is not the same as expressing breastmilk

## Barrier Methods



Diaphragm



Female Condom



Male Condom

- Barrier methods essentially prevent sperm cells from entering the womb
- A new condom must be used for each act of sex.
- Protects against pregnancy and sexually transmitted infections (STIs), including HIV.
- Requires partner's cooperation to use consistently and correctly.

## Oral Contraceptive Pills



**Combined Oral Contraceptives:** contains 2 hormones, can be used after 6 months of giving birth. One pill must be taken same time everyday. About 91% effective if taken correctly.

**Mini Pill:** contains 1 hormone and safe for breastfeeding women and can be started immediately after birth. One pill must be taken same time everyday. About 90-97% effective when taken correctly.



**Emergency Pills:** Must be used within 5 days of unprotected sex. ECPs should be taken as soon as possible after unprotected sex. The sooner they are taken after sex, the better they prevent pregnancy. ECPs do not disrupt existing pregnancy. It should not be used as a regular contraceptive method. About 98% effective if taken within 24 hours.

## Injectables

### DMPA-SC (SayanaPress)

- Provides protection for 3 months
- Have advantage of self-administration
- Administered under the skin

### Depo-provera(3 months)

### Noristerat(2 months),

### Cyclofem(1 month)

- Administered into the muscles
- For a woman who is breastfeeding but not using LAM, injectables can be started after 6 weeks



Progesterone Vaginal Ring (PVR)

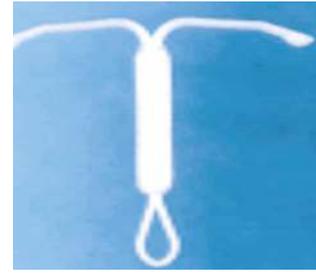
- Contains hormones
- For use by women beginning 3090 days after delivery who breastfeed at least 4 times per day.
- It is replaced every 3 months
- Easily inserted and removed by the woman after being trained.



Contraceptive Patch (CP)

- Contraceptive Patch contains hormones
- It is replaced every week, same time.
- Once, it falls off and loses its stickiness, it has to be replaced.

## Long Acting Reversible Contraceptive methods



- Implants are small plastic rods which are inserted in a woman's arm and can prevent pregnancy for 3-5 years, Implanon (3years) and Jadelle (5 Years). 99% effective
- Both contains hormones
- Copper IUD contains copper, inserted into the uterus by a trained provider. 99% effective
- Provide protection for 10-12 years
- Hormonal IUS is inserted into the uterus by a trained provider. 99% effective
- Provided protection for 5 years

## Permanent methods (Voluntary Surgical Contraception)

- These are permanent methods (do not want any children anymore) of contraception which involve a minor surgical procedure performed on the client to prevent pregnancy. This procedure is available for both men and women.

### Two major types:

- **Vasectomy (men):** takes no longer than 30 minutes, involves cutting and tying up the tube that carries sperm. This way, when the man ejaculates, the ejaculate only contains seminal fluid but no sperm cells. Does not protect from pregnancy immediately, there is a 3-month delay before the method takes effect. About 99% effective.
- **Bilateral Tubal Ligation (women):** It is a simple and safe surgical procedure, the fallopian tubes of a woman are cut and tied so that the woman's ova or eggs and a man's sperm cannot meet. The operation does not have any effect on a woman's femininity, menstruation, sexual relationship or health. Protects against pregnancy right away. About 98% effective.

## Challenges

- FP programme largely donor driven
- Inadequate resources for procurement of quality contraceptives,
- Capacity building of service providers
- Stock out of contraceptive commodities
- Religious and Socio-cultural inhibitions



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