



NURHI 2

Nigerian Urban Reproductive Health Initiative 2

NURHI 2 RADIO DESIGN DOCUMENT

***“People wey sabi”* get it together...**

A Radio Serial Drama/Magazine and Live Phone-/text-in for women and men desiring quality life

NOTE: Will need to check all translations



Design Document

Content

1. Acronyms and Abbreviations3
2. Design Document Creation Team.....4
3. Rationale/Justification for the Program.....4
4. Justification for Radio as the Chosen Medium7
5. Audiences.....7
6. Overall Measurable Objective11
7. Overall Purpose11
8. Overall Message11
9. Overall Emotion12
10. Number and Duration of each episode12
11. Format.....12
12. Note to the Writer and Script Review Team.....14
13. Topic Sequence.....17
14. Precise Message Content for Each Episode.....18

TO BE UPDATED LATER>

15. Glossary65

1. ACRONYMS AND ABBREVIATIONS

ARDA	-	African Radio Drama Association
CBS	-	Child Birth Spacing
CCPN	-	Center for Communication Programs Nigeria
CDC	-	Community Development Council
CHEW	-	Community Health Extension Worker
CPR	-	Contraceptive Prevalence Rate
CBS	-	Child Birth Spacing
DHS	-	Demographic Health Survey
FCT	-	Federal Capital Territory
FGDs	-	Focus Group Discussions
FMOH	-	Federal Ministry of Health
FOMWAN	-	Federation of Muslim Women's Associations of Nigeria
FP	-	Family Planning
FPPN	-	Family Planning Provider Networks
IPCC	-	Interpersonal Communication and Counseling
IUD	-	Intra-uterine Device
JHU/CCP	-	Johns Hopkins/Center for Communication Programs
KAP	-	Knowledge Attitude and Practice
LGA	-	Local Government Area
mCPR	-	modern Contraceptive Prevalence Rate
MOH	-	Ministry of Health
NASFAT	-	Nasrul-Lahi-L-Fatih Society of Nigeria
NAWOJ	-	National Association of Women Journalists
NCWS	-	National Council for Women's Societies
NDHS	-	National Demographic Health Survey
NURHI	-	Nigerian Urban Reproductive Health Initiative
NYSC	-	National Youth Service Corps
OAP	-	On-Air Personality/Radio Presenter
PPFN	-	Planned Parenthood for Nigeria
SMS	-	Short Messaging System
STI	-	Sexually Transmitted Infection
TBA	-	Traditional Birth Attendant
TFR	-	Total Fertility Rate

2. NURHI 2 DESIGN DOCUMENT CREATION TEAM

S/N	Name	Designation	Location
1.	Caroline Jacoby	Senior Radio Program Officer	CCP, Baltimore
2.	Babafunke Fagbemi	Executive Director	CCPN, FCT
3.	Adenike Ayodele	Program Officer	CCPN, FCT
4.	Mojisola Odeku	Project Director	NURHI HQ, FCT
5.	Adetoyeke Adedipe	Program Operation & Logistics Officer	NURHI HQ, FCT
6.	Akinsewa Akiode	Senior Technical Advisor, Research, M & E	NURHI HQ, FCT
7.	Khadijah Ibrahim-Nuhu	Program Officer – SBCC-A-DG	NURHI Kaduna
8.	Adewale Haastrup	Program Officer – SBCC-A-DG	NURHI Lagos
9.	Raphael Tunji Samuel	Program Officer – SBCC-A-DG	NURHI Oyo
10.	Zainab Sani	Slanger	Kaduna
11.	Phillip Mamman	Slanger	Kaduna
12.	Funke Osae-Brown	Slanger	Lagos
13.	Peter Olaleye	Slanger	Lagos
14.	Ikeolu Abimbola	Slanger	Oyo
15.	Lekan Olajide	Slanger	Oyo
16.	Tulari Tine	Writer	North
17.	Mshelia Suleiman	Writer	North
18.	Iquo Eke	Writer	South West
19.	Adebisi Adetunji	Writer	South West
20.	Data Phido	Executive Director	ARDA, Lagos
21.	Jite Phido	Senior Program Associate	ARDA, Lagos
22.	Rebecca Ojedele	Project Coordinator	ARDA, Lagos
23.	Vivian Effiong	Admin Assistant	ARDA, Lagos
24.	Ajemina Ogan	Program Assistant	ARDA, Lagos
25.	Ayotunde Akisanya	Program Assistant	ARDA, Lagos
26.	Olubunmi Omonubi	Operational & Compliance Officer	ARDA, Lagos

3.RATIONALE/ JUSTIFICATION FOR THE PROGRAM

Nigeria remains at the bottom of the global score-sheet when it comes to family planning. Despite pressing need (high fertility, high maternal and infant mortality, and population pressures) and significant national wealth, the contraceptive prevalence rate in Nigeria has stagnated for a generation. The 2013 DHS found that nationally only 10 percent of married women use a modern contraceptive method; in 2003 the rate was 8 percent (International, 2014).

Despite recent increases in contraceptive use in Oyo and Kaduna states, the overall uptake of contraception remains low, particularly in Lagos and rural areas of Oyo and Kaduna. This is despite a large proportion of women who would like to space or stop childbearing. Unmet need for family planning is highest in Kaduna state (24 percent) (Measurement, 2015), followed by Oyo (15.4 percent) (Measurement, 2015) and Lagos (11.8 percent) (International, 2014).

The Nigeria Urban Reproductive Health Initiative (NURHI 2) is a five-year project (2014-2019) to reduce barriers to family planning/childbirth spacing use and increase the modern contraceptive prevalence rate in three states, Lagos, Oyo and Kaduna. Building on the successful NURHI I project, NURHI 2 will use a strategic combination of demand generation, service delivery and advocacy interventions. The NURHI project team is made up of three key partners: the Johns Hopkins Center for Communication Programs (CCP), the Association for Reproductive and Family Health (ARFH) and the Center for Communication Programs Nigeria (CCPN). NURHI 2 is funded by both Bill and Melinda Gates Foundation (Lagos and Kaduna) and TJ Mather (Oyo)

Based on the NURHI 2 Demand Generation Strategy, the project will use communication to increase demand for family planning among men and women. NURHI 2 will do this through an integrated communication strategy that employs a combination of social mobilization, media campaigns, and entertainment education. The strategy will scale up what worked in cities under NURHI to Lagos State and both urban and rural areas of Oyo and Kaduna.

The NURHI 2 demand generation strategy will:

- trigger dialogue at community and household levels,
- normalize family planning use,
- prompt couple discussion,
- correct misinformation and dispel fears surrounding contraceptive use, and
- refer men and women for services.

NURHI 2 incorporates two refined approaches. One is that the demand work will be targeted to specific audience segments across the whole states, rather than taking an urban poverty approach. These key audiences are intenders, traditional users, men and service providers.

NURHI 2 audience direction is based on the following findings from Landscaping, 2015 DHS, NURHI Endline and other key research documents.

Understanding why some people don't use family Planning

Among women with unmet need, the most common reasons for non-use are the belief that they are not at risk of pregnancy, health or method-related concerns, or not being married (PMA2020, 2015). These findings are from Kaduna and Lagos states; comparable data from Oyo is not yet available. Qualitative research among non-users in Oyo state, however, confirmed that primary reasons for non-use among women and men are concerns about side effects and health issues associated with modern contraceptives (Project, 2016).

Information on the four key audiences of NURHI 2

Intenders

A fair proportion of non-users intend to use modern contraceptives in future. In Lagos state, one half of women who are not using any **family planning** method say that they intend to use modern contraceptives in future; in Kaduna, approximately one third of non-users intend to use; and in Oyo one quarter say they intend to use modern contraceptives in future.

Traditional method users

Traditional methods users present another opportunity for increasing modern contraceptive use.

- In Oyo state, 13 percent of married women use traditional methods; in Lagos state, 18.7 percent use traditional methods.
- The most common traditional methods in both states are withdrawal and rhythm.

- Most of these women are older, from the highest wealth tertile and have completed secondary or post-secondary education.
- According to qualitative research in Lagos state, there is preference for traditional methods because they believe that modern contraceptives are dangerous to their health.

Men

Men present another potential opportunity to increase contraceptive use, particularly in Kaduna and Oyo states where more than 80 percent of women require their husband's permission to use contraception.

- In Kaduna and Lagos states, women who discussed contraception with their husbands were two times more likely than those who did not to use modern contraception.
- Discussing family planning presents a substantial barrier to couples, largely stemming from traditional gender norms, cultural barriers to open communication, and inadequate information about contraception.
- Because it is such a difficult topic to discuss, many women use family planning without their husband's or other's knowledge.
- According to the NURHI 1 endline evaluation, six percent of women in Kaduna city and 23 percent in Zaria city said they did not practice family planning because their partners opposed it.

Service Providers

Service provider-bias is a major reason why younger women are unlikely to use contraception, although they intend to in future.

- Many service providers believe it is not advisable for low parity women to use contraceptives because they could result in infertility, and many believe that it is not acceptable for unmarried women to have sex (Johns Hopkins Center for Communication Programs, 2015).
- In all states, young women who have never given birth or are unmarried are unlikely to use modern contraceptives.
- Those who do use contraceptives prefer condoms or pills that they can get from Patent and Proprietary Medical Vendors (PPMVs).

Key Findings from 2011 DHS secondary analysis and Focus Group Discussions include:

- Both ideal or desired family size and knowledge of modern family planning methods are important factors influencing the need for and use of family planning among urban women in Nigeria.
- Gender preference of children and religion are not driving influences on family planning use.
- Regional influences are more powerful than religious differences in determining a women's ideal family size, participation in household decision-making and knowledge of family planning methods.
- Family planning in Nigeria is framed by fear and mistrust that needs to be changed first.
- Women and men have a number of misconceptions about family planning and some methods in particular. The fear of negative health impact often proves to be a serious barrier in considering family planning.

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

- Burden of family planning use is on the woman. Once the woman has the information and is convinced, she still has to convince her husband/partner about family planning. It was unanimously felt that if family planning is adopted without the husband's knowledge/ approval, there would be suspicion of infidelity, etc. if the woman was discovered.
- Concerns with having many children center on greater responsibility for the man and the burden it creates for him. As a result, it was felt that he ages prematurely. Nowhere was the health of the mother mentioned as a concern.
- Religious leaders wield great influence over decision-making in such matters.
- Often when parents are unable to take care of their numerous children, their siblings (of the parents) become responsible.
- Family Planning is seen as not easy-to-use and highly 'medicalized'. Only doctors can prescribe or tell you what method is good for you.
- Family planning is considered to be very risky compared to other risks related to pregnancy, abortion, miscarriage. Sterilization and IUDs are considered especially risky. Modern Family Planning methods are seen as riskier than the risks related to child bearing such as having a child before the age of 18, having closely spaced births, or having more than six children. Natural family Planning methods were seen as less risky in comparison to modern methods.
- However respondents also agreed that one of the primary benefits of having a smaller family was the ability for children to get a better education.

Overall Guidance

- 1) Reinforcing all Ideational factors for FP** (Knowledge, Personal advocacy, Approve government officials and religious leaders talking about FP, Family size preference)

And focus on...

- Beliefs/Attitudes (addressing side effects, myths and misconceptions)
- Spousal discussion of FP
- Self efficacy

- 2) Reinforcing the Get it together NURHI I: Awareness and Basic Knowledge Themes** Introduce Get it Together, reintroduce family planning/child birth spacing, Talk about it (family size, health, life goals), Get it Together: Get information, have conversations.)

And focus on...

Positive Image of Choices

- These are your choices (a method to fit your lifestyle)
- Here is where to get your services (Good, quality and friendly FP providers are available where you see the Get it Together logo)
- Talk about it (family size, family planning)
- Get it Together: get a method

3) Key themes for the radio program are

- 1) Clarify facts about all methods
- 2) Couple communication – FP as a gateway to a better life
- 3) Emphasizing satisfied users among peers, family community, users, in-laws
- 4) Address Enabling environment – Advocacy Core Group, support from government and religious leaders
- 5) Get it Together promotion- friendly providers, Patent Medicine Vendors (PVMs), satisfied clients
- 6) Get it Together logo and ‘Know about family planning, Talk to your partner and Go for Family planning slogan promotion.

4. JUSTIFICATION FOR RADIO AS THE CHOSEN MEDIUM

Radio is the most common and pervasive medium of receiving information across Nigeria today apart from interpersonal communication with over 68 percent of Nigerian households owning at least one radio, not inclusive of radio-enabled mobile phones. Indeed, many mobile phones have in-built radios and with over 75 percent of Nigerians having access to a mobile phone, radio has a wide coverage in terms of geographical reach and language options. Radio has the capacity to reach a wide audience, up to millions at a time because it is so affordable, accessible, easy to use, and available in a variety of languages without requiring any literacy. Since radios are portable, listeners can have access to information and entertainment on-the-go whilst going about their normal everyday business.

Radio enjoys a high level of credibility in Nigeria, with most citizens believing that information heard on radio is factual. It allows for a variety of communication programming formats and several opportunities for social marketing of family planning messages. Although high exposure to radio communication can mean it can become background noise, and radio messages can be fleeting with listeners unable to rewind to hear something again, radio communication still remains the an optimal choice for target audiences to be entertained, educated and motivated to adopt FP.

The successes from NURHI 1 also revealed the importance of radio to generating demand for FP services. In the final evaluation of the project, radio was found to be single most effective activity in raising demand for FP which led to NURHI 1’s success in increasing mCPR. Radio was also found to be the most cost-effective activity in achieving project success. Radio’s wide-reach meant that the project reached even more people than projected. Live phone-in radio programming also enabled everyday people to come in contact with the program by giving them the opportunity to call in with their questions.

5. AUDIENCES

As outlined in the NURHI 2 demand strategy the main audiences targeted for the second phase are:

- Intenders, i.e. people who are currently non-users of FP but desire to space/limit births
- Traditional users, i.e. people who are currently using a traditional method of family planning such as withdrawal method, standard days method, use of charms, amulets or locally brewed concoctions.
- Men
- Service Providers

Some key secondary audiences are: Community members, aunties, religious and traditional leaders, and non-intenders, i.e. men and women who are currently non-users of FP and express no desire to space/limit births,

For NURHI 2, the primary and secondary audiences differ by state as follows:

KADUNA

Primary Audience

- **Intenders-** married, sexually active, low to medium education and income (18-30).
- **Men-** sexually active, low to medium education and income (25-40)

Secondary Audience

- **Non-users/non-intenders**
- **Service Providers**
- Community members, Aunties, religious leaders, grandmothers, etc

LAGOS

Primary Audience

- **Intenders-** married, sexually active, low to medium education and income (18-30).
- **Traditional users-** married, medium to high education and income (over 25).
- **Men-** sexually active, low to medium education and income (25-40)

Secondary Audience

- **Service Providers**
- Community members, Aunties, religious leaders, etc.

OYO

Primary Audience

- **Intenders-** married, sexually active, low to medium education and income (18-30).
- **Men-** sexually active, low to medium education and income (25-40)

Secondary Audience

- **Traditional users-** married, medium to high education and income (over 25).
- **Service Providers**
- Community members, Aunties, Religious leaders, etc.

Key desired behaviors for each of the audiences, along with the barriers and facilitators that may hinder or contribute to their achieving these desired knowledge, attitudes and behaviors are as follows:

PRIMARY AUDIENCE - INTENDERS

Desired knowledge, attitudes and behaviors.

After listening to the radio program, intenders will:

- Believe that using FP is a normal life decision.
- Have the correct information about FP methods.
- Speak about FP with their partners.
- Be able to appropriately weigh risk of FP use as against other every day risks.
- Believe that modern family planning is a lower risk than using traditional methods.
- Know a place where they can comfortably and confidently access FP services.
- Use modern FP methods.
- Be willing to share accurate knowledge on safety of FP with their peers

Barriers

- Lack of information about FP: Incomplete knowledge about correct usage, mistrust of product safety and efficacy
- Lack of communication with partner about FP
- Spouses disposition to FP: Fear of husband's jealousy
- Fear of social judgement: Young women may not know someone who is a satisfied user, unfamiliarity breeds fear
- Fear of side effects
- Lack of knowledge about location of friendly FP services
- Unfriendly service providers
- Misperceptions: Negative rumors and misconceptions about FP.
- Influence of significant others

Facilitators

Influential sources

- Satisfied users
- Communication with spouses/partners
- Opinion leaders support
- Peers
- FP service providers

Motivational factors

- Desire to prevent unplanned pregnancy
- Desire to reduce stress (financial/health)
- Desire to be able to achieve her personal goals (education, business, career)
- Desire to look younger, beautiful and fresh
- Desire to have stress-free sex/intimacy with partner
- Desire to be able to give your children the best

PRIMARY AUDIENCE - TRADITIONAL USERS (LAGOS ONLY; SECONDARY IN OYO)

Desired knowledge, attitude and behaviors

After listening to the radio program, traditional users will:

- Believe that using modern FP methods is a normal life decision.
- Have the correct information about FP methods that can be used to delay pregnancy.
- Speak about modern contraception with their partners.
- Believe that modern methods are more effective than traditional methods (and the reverse, that traditional methods are less effective and can lead to unintended pregnancy)
- Know a place where they can comfortably and confidently access FP services.
- Switch from traditional to modern FP use.
- Be willing to share accurate knowledge on safety of FP with their peers

Barriers

- Negative rumors, incorrect beliefs (ie. Myths) and misperceptions about modern FP methods:
- They think that traditional methods (withdrawal and rhythm methods) are as effective as the modern methods and are less risky to health
- Fear of side effects: The impression that modern FP methods are unnatural and dangerous.
- Negative influence by peers and colleagues
- Feeling too busy to access modern FP
- Fear of being accused of infidelity.

Facilitators

Influential sources

- Peers who are satisfied users of modern FP
- People who were traditional users and had an unintended pregnancy
- (Friendly) Service providers

Motivational factors

- Desire for quality life and to achieve goals
- Desire to prevent unplanned pregnancy
- Desire to look beautiful and good
- Spousal support
- Support from community and religious leaders
- Desire to have stress-free sex/intimacy with partner

PRIMARY AUDIENCE- MEN

Desired knowledge attitude and behaviors

After listening to the radio program, men will:

- Believe that FP methods are safe
- Believe that using modern FP is a normal life decision that will help with the challenges of family and children
- Believe that they have a responsibility to use FP
- Speak with or initiate discussion about FP with their partners
- Use FP or actively support their partners' use of FP
- Initiate knowledgeable discussion about FP with their peers
- Express willingness/approval to use FP, including benefits of modern FP methods
- Believe that using FP will enhance intimacy with their partner

Barriers

- Negative rumours, incorrect beliefs (myths) and misconceptions about FP, especially fear that using family planning promotes infidelity
- Fear of side effects for their partner
- Lack of perceived peer/social support for modern FP methods: Not knowing satisfied users of modern FP methods
- Inadequate (access to) correct information about FP
- Social/cultural norms inhibiting men from feeling comfortable communicating with their partner about FP

Facilitators

Influential sources

- Close friends or peers who support FP or are satisfied users.
- Community or religious leaders supporting FP

Motivational factors

- Desire to be seen as a good caretaker of his family
- Desire for quality life and to achieve goals
- Desire for stress-free intimate/sexual relations with his partner
- Desire to prevent/reduce financial and emotional stress from having an unplanned family.
- Pride in being provider for a successful family

SECONDARY AUDIENCE- FP SERVICE PROVIDERS

Desired knowledge, attitude and behaviors

After listening to the radio programme, FP service providers will:

- Believe there is a safe and modern contraceptive to fit each client's life style, personal needs and aspirations for the future.
- Promote family planning through a full range of methods based on the informed choice of clients, irrespective of parity/age
- Counsel couples to appropriately weigh risk of FP use as against other every day risks.
- Dispel incorrect beliefs (myths) and misconceptions.
- Maintain confidentiality.
- Talk to other health providers about promoting family planning based on client's needs

Barriers

- Personal convictions/bias against giving certain methods to certain clients.
- Cultural/societal bias, against certain groups of society leading to the use social norms to give family planning counselling (which may not favor youth, single women or women without spousal consent).
- Incorrect beliefs (Myths) and misconceptions about the side effects of family planning
- High work load
- Poor Interpersonal Communication and Counseling (IPCC) skills

Facilitators

Influential sources

- Colleagues and supervisors and trainers
- Role models within the work place

Motivational factors

- Job satisfaction/Personal fulfilment in helping others
- Desire for acceptance and respect from the community
- Desire for acclaim and recognition from their colleagues and supervisors

SECONDARY AUDIENCE- NON-INTENDERS (NON-USERS) – KADUNA ONLY

Desired knowledge, attitude and behaviors

After listening to the radio programme, non-intenders (non-users) will:

- Discuss the timing and spacing of pregnancies with their spouse.
- Believe that modern contraception can help them have healthy and well cared-for children.
- Believe that using FP is a normal life decision that has many benefits.
- Have the correct information about FP methods.
- Know a place where they can comfortably and confidently access FP services.

Barriers

- Cultural inhibitions against planning families or spacing the births of children. For example, belief that a man's worth is measured by the number of children he has
- Desire to have as many children as 'God gives them'/Perception that FP may be against religion
- Negative information from peers
- Low literacy level
- Not knowing what to where a FP clinic is or what to expect.
- Lack of information or skill to convince/negotiate with partner

Facilitators

Influential sources

- Spouse/partner
- Peers/friends
- FP service providers
- Religious and traditional leaders
- Parents and in-laws

Motivational factors

- Desire to be able to give your children the best
- Desire to give appropriate space between pregnancies
- Desire for mother's good health
- Desire for peace of mind with regards to intimacy with partner without fear of unintended pregnancy.
- Desire reduce stress (financial/health)
- Desire to be able to achieve her personal goals (education, business, career)
- Desire look younger, beautiful and fresh

COMMUNITY MEMBERS (PEERS)

Desired knowledge, attitudes and behaviors

After listening to the radio programme, community members will:

- Believe that well spaced pregnancies improve the health and well being of children and their families and is a normal life decision.
- Believe there is a safe and modern contraceptive method available to them that fits their or their friend's life style, personal needs and aspirations for the future
- Know that FP methods are safe for women to use and if there are side effects they are temporary and minor and the benefits outweigh this
- Visiting a FP facility and/or adopting a modern FP method
- Know importance of and provide emotional and social support to use modern FP.

Barriers

- Incorrect beliefs (rumours) and misconceptions about modern family planning methods
- Respect and accolades given to men and women who produce many children
- Fear of negative reaction from peers/initiating gossip
- Consider that FP is a personal issue

Facilitators

- Community members want to be able to help their friends and neighbours
- To be seen as a knowledgeable and good friends and neighbours.
- Community members are often very trusted sources of information and support.

AUNTIES (OLDER WOMEN)

Desired knowledge, attitudes and behaviors

- Older women will value well-educated and healthy grandchildren over large numbers of grandchildren
- Older women will have correct information about FP to methods to give appropriate counseling to younger women/men
- Older women have positive influence on the in-laws in the use of FP
- Older women will know a place where they can comfortably and confidently access or refer someone for family planning services
- Sexually-active older women will use modern FP methods.

Barriers

- Misconceptions/incorrect beliefs (myths) about modern FP
- Peer influence through bad undesirable past experience sharing
- Value placed on a woman or man's ability to have a large number of children.
- Belief that religion and culture do not support for use

Facilitators

- Positive peer group influence
- Positive community/religious leaders influence
- Older women's children who are informed and using the FP methods

6. OVERALL MEASURABLE OBJECTIVE

After listening to NURHI 2 program, the audience will:

- Have correct information about family planning
- Have overall positive perception of Family planning methods
- Know where to access family planning services as identified by the Get it Together Blue, Yellow and Orange Logo.
- Talk positively and freely about family planning at the household (especially with partner) and community level with peers and encourage others to use
- Both women and men take responsibility and go for family planning services
- Believe FP is a normal life decision more people make
- Approve of FP and believe others in the community, including religious leaders do too.

7. OVERALL PURPOSE

The overall purpose of the programme is the following:

- To educate the audience on benefits of FP
- To motivate wider acceptance of FP as a normal way of life
- To demonstrate couples making Family Planning a part of their life
- To promote friendly FP service providers
- To demonstrate wider acceptance of FP
- To promote the campaign brand logo and tagline linking listeners to services

8. OVERALL MESSAGE

The overall message of the Get it Together Radio program is that planning your family can help you and your family members achieve your dreams. You will be successful, beautiful and live longer and your children are more likely to be healthy, educated and successful in life.

Definition

Family Planning a couple decides when, and at what intervals they want to have children.

Key Messages

- Make Family Planning a regular part of your life
- FP is good, effective, safe, stress-free and acceptable. The right method is the one that suits you.
- There is an FP choice for everybody and you have the power to make an informed choice.
- Lots of women in our state are using a modern FP method.

- People “wey sabi” use FP.
- Get it together and use family planning. Know. Talk. Go.
- FP helps improve your quality of life.
- Helps the family manage its available resources so the children can grow healthy and be educated well.
- You will find the FP providers friendly and they will provide quality FP counseling and services.

9. OVERALL EMOTION

The overall emotion to be conveyed by the program should be:

- Love for children and family
- Love and understanding between couples
- Pride
- Hope
- Self-Confidence
- Young people ambitious for a better future for themselves and their family. They are making the smart and fashionable choice by planning and making well thought out decisions about their futures.

10. NUMBER AND DURATION OF EACH EPISODE

All three radio programs will be 26 episodes at sixty minutes per episode. Kaduna, Lagos and Oyo will each have 30 minutes of pre-recorded magazine and 30 minutes of live call in with an On-Air-Personality (OAP) and an FP expert and/or trusted source (e.g. satisfied users and religious or traditional leaders)

11. FORMAT

The plan is to develop three 26-episode programs with localized serial drama and magazine elements. The abovementioned three programs will all have a 30-minute magazine element and a 30-minute live section.

In line with the agreement at the workshop, each of three states (Kaduna, Lagos and Oyo) will follow unique formats, based on state preference. The format schedules below are designed to keep the program fast-paced and upbeat and in keeping with the taste of the audience in each state. The magazine elements are designed to flank the drama with voices from NURHI 2 listening audience and present the key information in an entertaining way.

The broadcast for Lagos and Oyo states will be in Yoruba language, while it will be in Hausa in Kaduna.

Specifically, the following format elements were selected by each state for their radio program:

Kaduna State (*Komai Nisan Jifa*)

One-hour Hausa program:

Magazine (30 minutes)

- Links (with hosts Nada and Said)
- Drama serial
- Testimonial
- Quiz

Live call-in (30 minutes)

The Kaduna state representatives reinforced that the topic should ALWAYS be referred to as child birth spacing (*tazaran haihuwa*) in Kaduna and NEVER family planning (*tsarin iyali*).

Lagos State (Se e rigbo)

1-hour program:Magazine (30 minutes)

- Links stay (W/ scripted hosts)
- Drama serial
- Testimonial
- Quiz

Live call in (30 minutes)

Oyo State (Ireti Eda)

1-hour Yoruba program:

- Links (Yinkus and Bosun (the scripted hosts)
- Serial drama
- Testimonial
- Voxpop
- Live call in
- Quiz

Brief Description of each format element

Sig Tune and Friendly Hosts – Use the same sig tune as in NURHI 1. Also, based on request use the same hosts as NURHI 1 and the Host (s) must come across as friendly, funny, trustworthy, knowledgeable, etc...

Vox Pop – The questions for the vox pop should be provocative, edgy and controversial. They would be linked to the topic of the day. These should be short comments and not more than 3.

Serial Drama – A new fresh 26-episode serial drama will be developed .

Music -The music must be what's popular with our intended audience and we need to be sure that the lyrics are appropriate for the program.

Links with the Get it Together Promo spots and the ‘Get it Together’ song by Psquare and Tiwa. Either a NURHI radio spot or the Get it Together song will be in each episode. Some of the NURHI I spots have been edited and should be shared with ARDA when the edit is complete. (This is especially the case for the Lagos ones). Also there will be new radio spots for the campaign, and those should be shared with ARDA when they are completed.

‘Testimonial’ or ‘My Story’ – ARDA will collect real stories from the field with support from NURHI staff and partners and edit.

For selection of people to be interviewed for testimonials. Please prioritize selecting members of primary audiences i.e. women and men who are satisfied users or traditional users (for Lagos) and people who haven't always agreed with family planning but have overcome their fears of rumors, Incorrect beliefs (myths) and misconceptions and now enjoy their method. Testimonial respondents should be of different ages representing the audience profiles presented in the audience profiles above.

Note that this testimonial or my story could also be characters from Newman Street or the radio drama.

Quiz - The questions will be about the content or the characters in the episode and linked to the main message of the episode. The quiz will be announced during the live portion using the same phone numbers.

Live Phone In- A separate guidance document for the live call in program will be developed for each state, this time in Yoruba or Hausa, as appropriate.

12. NOTE TO THE WRITER AND SCRIPT REVIEW TEAM

Thoughts for the writers:

Transmedia Approach

Characters from the radio program serial drama will be the ‘faces’ and ‘personalities’ of the overall NURHI 2 Campaign radio and TV spots, posters, bus banners, social media, IVR etc. This will help the pivotal characters to come to life for the intended audience by seeing them in different media. The main characters used in the transmedia will likely represent the key intended audiences of the program intenders, traditional users, men and service providers. After the characters and story are developed, NURHI, ARDA and others will work with a creative agency to help the radio characters come to life on these other media.

As a part of the transmedia approach, It is anticipated that NURHI 2 will be developing an IVR system that will be a prerecorded answers to the most common questions that come into the radio program. The prerecorded part may be one of the trusted characters answering the questions in a chatty, realistic way. With this resource, anyone with a cell phone will be able to get answers to their burning questions anytime of day from a trusted source.

Link with overall campaign

The ‘Get it together’ campaign encourages people to use the resources they have and put the puzzle pieces of their life together for a brighter future. The Get it Together campaign includes TV, Radio Spots, the Newman Street TV program, the “Get It Together” and community screening/mobile screenings as well as a number of campaign promotional materials.

- In NURHI II, it is important that we use the tagline wherever possible and recognize the transmedia approach of integrating the different Get It Together media elements into one another.
- A new catchphrase to use is “People wey sabi (na dem wey dey plan well-well)”, from the Get It Together official song. Also make liberal use of the state-specific slogans: “*Ko kun gane*” in Kaduna, “*Se e rigbo*” in Lagos and “*Se o jasi*” in Oyo, phrases which all in essence mean “*Have you heard?*”
- It would be great if the audience begins to associate Get it Together so with Family planning that they see it is an alternative slang that can be used to discuss FP openly. “Get it together”/”People wey sabi” could be strategically used in the drama script.

Other notes.

- The campaign theme ‘Know about family planning, Talk with your partner, and Go for Family Planning services.’ Should be used at the beginning and end of every episode.
- Where possible, the live call in segment can promote the week’s Newman Street episode and bring up an interesting thing happening that week in the program.
- The radio program may incorporate inserts and greetings from Newman Street celebrities that can be used as inserts during the live call in.
- The radio program can promote the FP song contest where listeners can record their local language version of the “Get it Together” “*people wey sabi*” song with the prize being their entries will be aired on the show and they’ll be given credit.
- Please ensure that the phone numbers for the quiz are read slowly and mentioned twice for each episode.

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

- Please keep this program with an innovative and exciting feel and energy, colourful characters, use humour.
- Please continue to show some of the 'key life events' in the program that 'normalize' the concept of family planning by demonstrating how that concept can be discussed or acted on during regular events – like 'freedom' graduations, weddings, baby naming, Christmas/Eid. Another aspect of 'key life events' is to have characters in different life stages and realistically show what they're thinking and going through. For example, someone who has no children and wants to pursue their education sees FP very differently to someone who has one child or many children– and that we need to keep these 'life stages' in mind.
- NURHI is promoting integration of services – that is, that someone may go to the health services for questions about breastfeeding or child immunization –get more information on FP at the same time. When it comes to the magazine elements, we trust that your team will be provocative, 'edgy' and getting audience real reactions to spark discussion.
- Make the quiz questions very very easy and ensure that the answers to the quiz have been said over and over again in the magazine

- Side Effects vs Incorrect beliefs (Myths) and Misconceptions

- Dealing with side effects:

We will share main side effects of specific methods and be sure to mention every time that they are normal, and are often only there at the beginning. Just as there are temporary changes in a woman's body when she is pregnant, there may be some temporary changes when she is using a modern family planning method. Not all women experience these side effects but if they do occur, be calm. Know that they are normal and temporary and should not cause concern. They often resolve by themselves after a few months. Many women know about these side effects from the beginning and they are OK. They stick with their method. If anyone has questions, then go to see a provider.

Incorrect beliefs (Myths) and Misconceptions

Lots of questions about incorrect beliefs (myths) and misconceptions will come through the live call in portion and are to be dealt with by a provider. We need to be very careful with these myths and misconceptions because we could be reinforcing them if we talk about them too much or in an inappropriate way on the radio. We can address them a bit creatively.

Myth or Misconception	How we can deal with this subtly
Using contraceptives can make a woman infertile	- Satisfied user testimonials/drama characters who used FP and then had a child and then went back on FP
People who use contraceptives end up with health problems	- Satisfied user testimonials/drama characters who used FP maybe for some time or a long time ago and they are healthy
Contraceptives can harm the womb	- Satisfied user testimonials/drama characters who used FP maybe for some time or a long time ago and they are healthy - Satisfied user testimonials/drama characters can explain how at first they were worried about such and such but then they overcame their concerns through counseling...

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

Reduce woman's sexual urge	<ul style="list-style-type: none"> - Satisfied user testimonials/drama characters who have improved relationship after starting FP. - Or satisfied user testimonial/drama character who was worried about sexual urge but found out that the women's physical sexual urge is not affected by an FP method. She may feel more comfortable to have sex because she won't be afraid of unintended pregnancy
Causes cancer	- Let this come up with the call in. Not prompted
Can give deformed babies	- Let this come up with the call in. Not prompted
Dangerous to your health	- Satisfied user testimonials/drama characters who used FP maybe for some time or a long time ago and they are healthy
Women who use FP may become promiscuous	<ul style="list-style-type: none"> - Avoid having testimonials or drama characters who are using FP be promiscuous. - Happy couple testimonials.

Thoughts for the Script review team and NURHI implementers

A NURHI Staff member will be at all live call in recordings in each city. This will be covered by the NURHI site office budget.

For the live call in portion, NURHI will continue to provide transport and refreshments for the health service provider. Also if there is a guest to the live call in such as an in law, this would come from NURHI side. ARDA will take care of the OAP.

It is expected that the NURHI representative on site for recording will send a one-page report (format will be provided) detailing what transpired to the DGA with a cc: to CCPN and ARDA. ARDA will also ensure that a recording of the live portion of the program is provided to NURHI weekly.

It is expected that ARDA will work with the radio station to collation/ documentation of all questions sent in from audience members via live calls, SMS,WhatsApp questions (or any other mechanism being used) and deliver weekly to NURHI sites in this phase.

One lesson learned from NURHI I is that we can communicate even better between all parties. If anyone from NURHI has any issue about the Radio production or live call in or broadcast to communicate with ARDA quickly and directly so that they can take action.

13. TOPIC SEQUENCE

In NURHI 2, the different states have some differences in topic sequences because of their different primary audiences. The following is the proposed topic sequence for the 26 episodes, by state:

		Kaduna	Lagos	Oyo
1	Introduction (no message)	X	X	X
2	Building trust in your relationship (Communication is Key)	X	X	X
3	What is Family Planning?	X	X	X
4	Benefits of Family Planning to family health and well being	X	X	X
5	Importance of Spousal Communication on Family Planning	X	X	X
6	Family Planning methods general overview	X	X	X
7	Many people are using FP but you just don't know	X	X	X
8	Family Planning Method: Injectables	X	X	x
9	Modern Family Planning is stress-free	X	X	x
10	Family Planning Method: Exclusive Breastfeeding Method	X		
11	Modern Family Planning is safe	X	X	X
12	Choosing Modern Family Planning over Traditional Methods		X	X
13	Family Planning benefits for mothers	X	X	X
14	Modern FP helps couples get closer (better sex and intimacy)	X	X	X
15	How to discuss and negotiate with your husband for FP	X	X	
16	Family Planning Method: IUD	X	X	X
17	Religious and traditional leaders support FP	X	X	X
18	How to discuss and negotiate with your wife for Family Planning	X	X	X
19	FP service providers are friendly	X	X	X
20	Family and In-laws support for FP	X	X	X
21	Family Planning Methods: Implants	X	X	X
22	Family Planning and My Career Goals	X	X	X
23	Service providers provide unbiased services	X	X	X
24	How men can support FP including when their wives have side effects	X	X	X
25	Satisfied Users: Discussing FP with peers & friends (women)	X	X	X
26	Satisfied Users: How men can support one another using FP)	X	X	X
27	Continuing Family Planning Use: There is a Method for Everyone and it is Easy to Switch	X	X	X
28	Time Spent Getting FP is Worth it			x

14. SPECIFIC CONTENT FOR EACH EPISODE

EPISODE 1: Topic: Introduction

MEASURABLE OBJECTIVES: After listening to this episode, the intended audience will:

KNOW:

- The time and station for listening to the radio program
- The names of the characters in the program

FEEL:

- Interested and excited to listen to the radio program

DO:

- Tell family and friends to listen to the program including the time and station

PURPOSE:

- To motivate audiences to listen to the program regularly

CONTENT:

Story

This radio program is a part of the 'Get it together' campaign which gives information about FP and helps people know about modern FP methods and where to access FP in their communities. The 'Get it together' program has engaged religious and opinion leaders, service providers and users to speak on radio and TV, newspapers and community events at Churches and in mosques in support of FP. You can also find out more from friendly providers wherever you see a get it together symbol which is a blue, yellow and orange puzzle pieces logo.

Include the days, time and listening station of the program.

If there is any quiz or other interactive activity, explain to the audience how it will work.

- Explain that the exciting format includes an extended live call in portion to give you more time to interact with experts.

SIMPLE DOABLE ACTION:

Tell family and friends about the radio program.

LIVE CHAT

TALKING POINTS

- Talk about the characters in the first episode.
- Explain that the exciting format includes an extended live call in portion to give you more time to interact with experts.
- Explain how the quiz works, fabulous prizes, that we will be announcing winner's names. Have you heard your name on the radio yet?

EPISODE 2

Topic: Building trust in your relationship (communication is key)

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That communication between couples can increase love and trust
- That a couple that communicates is a smart one

FEEL

- **Confident** that open and frequent communication can create trust in their relationship
- **Proud** to be a smart couple that communicates with each other.

DO

- Talk to their spouse more frequently

PURPOSE

- To inform couples about the benefits of communicating openly
- To motivate couples to talk to one another

WHY IS THIS AN ISSUE?

Some couples are reluctant to discuss issues (including family planning) in their relationship. This leads to a lack of closeness or lack of trust between a couple. Discussing openly and freely with each other helps to eliminate insecurities around infidelity.

CONTENT:

(Note that this episode is about communication in general, not just family planning)

Building trust means talking honestly and freely about everything. A couple should be able to share simple information like what you want to do, where you will go, what you'll eat, your ambitions for yourself or your children, decisions about money, food, health, housing, school, clothes, job, family, relationships with others and religion.

A couple who makes decisions about these issues together will have a stronger relationship and build trust in each other. They are able to vouch for each other, whether they are in the same place or not.

Two can do more than one. If a couple is united in their thoughts and purpose, then they will build a strong, reliable and trusting relationship. A smart couple communicates.

Communicating frequently with your spouse helps a couple to avoid misunderstandings and fosters a lasting relationship.

SIMPLE DOABLE ACTION:

Discuss a new topic that will be of interest to your spouse.

LIVE CHAT TALKING POINTS

(Note that this episode is about communication in general, not just family planning)

Building trust means talking honestly and freely about everything. A couple should be able to share simple information like what you want to do, where you will go, what you'll eat, your ambitions for yourself or your

children, decisions about money, food, health, housing, school, clothes, job, family, relationships with others and religion.

A couple who makes decisions about these issues together will have a stronger relationship and build trust in each other. They are able to vouch for each other, whether they are in the same place or not.

Two can do more than one. If a couple is united in their thoughts and purpose, then they will build a strong, reliable and trusting relationship.

Communicating frequently with your spouse helps a couple to avoid misunderstandings and fosters lasting relationship.

YORUBA

Ifokantan tumo si ituraka lati soro ati isododo nipa oun gbogbo. Toko taya gbodo le jiroro lori awon oro keekeke bii oun tiwon fe se, ibi ti won n lo, jije mimu, erongba won fun ara won ati awon omo, ipinnu nipa eto inawo, ilera, ile'gbe, ile-eko, aso wiwo, ise oojo, ebi, ibasepo pelu elomiran, ati esin.

Toko taya ti o ba jumo pinnu nipa awon oun wonyi yoo ni ibasepo to muna doko, won o si ni ifokan tan ninu ara won. Won a le f'owo so'ya fun ara won, nigba ti won wa nitosi tabi jina si'ra won

Oun ti enikan le se ko to oun ti eni meji le se. Ti toko taya ba ni isokan ninu ero ati afojusun un won, nigbana a ni ajosepo won yoo nipon, se e feyin ti, ati see fokan tan.

Ijiroro o toko taya loorekoore maa n se'ranwo fun won lati dena aigboraeni ye, o si maa s'amuwa a ibasepo olojo pipe

EPISODE 3

Topic: What is Family Planning?

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- What family planning is
- That FP is a way of life

FEEL

- **Comfortable**: that FP is a viable solution to giving a healthier life
- **Confident**: that there is a safe way of spacing child birth in a way that will allow them achieve their goal

DO

- Discuss family planning freely as a way of life

PURPOSE

- To educate about the basic facts of what family planning is
- To motivate audience to talk about what family planning is
- To motivate FP as a way of life

WHY IS THIS AN ISSUE?

Family Planning has a negative reputation among many Nigerians, because they do not understand what it is really about and whom it is meant for. Many have the misconception that Family Planning is all about reducing your number of children and using risky medical interventions that are going to cause major complications. They see FP as ‘against religion and culture’ and also that FP is not a normal life decision, some people believe that it is not for them.

CONTENT:

FP is not different from any of the many essential decisions one makes over the course of their lives; just as one must decide who to marry, where to live, where to take your children to school, type of food you want to eat, family budget.

What family planning is:

FP is a way of life; it is a decision taken by an individual, couple as to when to have children by choice and not by chance.

- It’s a ‘rest’ for the mother in between pregnancies
- It can be used by all couples
- All religions support family planning
- Modern family planning methods are an easy and safe way to have children when you want them
- The different modern family planning methods are pills, injectable, implant, IUD, condoms (male/female), exclusive breast feeding method (LAM), tubal ligation and vasectomy
- There is an FP choice for everybody and you have the power to make that choice.
- Many people are using modern FP methods
- “people wey sabi” dey use FP
- It promotes healthy living for the entire family (includes education for the children, good relationship between couples, ability to provide adequate accommodation and less stressful life).

Couples can find out about these choices by listening to this radio program every week or by visiting any facility where you have the ‘Get it Together’ blue, yellow and orange puzzle pieces logo.

SIMPLE DOABLE ACTION:

Tell someone good things you have heard about FP today.

LIVE CHAT TALKING POINTS

- FP is a way of life; it is a decision taken by couples as to when to have children by choice and not by chance.
- FP is an easy, safe and effective way to have children when you want them.
- All religions support the use of family planning
- Different modern contraceptive methods are available
- Couples can find out about these choices by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

HAUSA:

- Tazarar haihuwa hanya ce ta rayuwa. Yana ba magidanta yanci sammun yara lokacin da suke so
- Hanyoyin tazarar haihuwa babu tsadda, ko wata mumunan illa.
- Akwai hanyoyi daban daban na zamani da iyali za su iya anfani da su domin tazarar haihuwa
- Domin samun isheshan bayani, a saurare mu a gidan radio ko kuma a tuntubi ja'amin asibiti mai alamar "Get it Together" mai dauke da kalolin shudi, rawaya da ruwan lemu a jikin alamar

YORUBA:

- Fifi eto somo bibi je ona igbe aiye, ipinu okan ti toko taya jumo se lori igba ti won yio bimo, ni igba ku igba ti won ba fe.
- Sise ifeto somo bibi o laa owo to gaa ni lara, o si t un rorun lati se, a si ma tun ran idile lowo lati ma ni oyun nigba ti won o ti setan.
- Ko si esin o lodi si Ifeto somo bibi igbalode
- Orisirisi ilana ifeto somo bibi igbalode lo wa
- Toko taya le mo si nipa awon ilana ife to somo bibi igbalode to wa, nipa gbigbo eto ere ori redio yi, tabi ki won lo si odo awon akosemose ni eka ifeto somo bibi ni ile iwosan ti e ti ri amin idanimo won eyi ti oje alawo sanmo, esuru ati olomi osan.

EPISODE 4:

Benefits of Family Planning for Family Health and Well Being

MEASURABLE OBJECTIVES: After listening to this episode, the audience will:

KNOW:

- The benefits of FP to family health and well-being

FEEL:

- ***Confident*** that using FP contributes to a family's health and well-being.

DO:

- Talk to partner, friends and family about the benefits of using FP for families.

PURPOSE

- To educate listeners about how modern FP contributes greatly to family health and well-being.
- To motivate people to consider that family planning use benefits families health and well being.

WHY IS THIS AN ISSUE?

Some people see family planning as a selfish decision to limit number of children, who they see as a blessing. They may not see that family planning has several protective benefits to family health. They don't realize that family planning rather, aims to ensure that their children are well-positioned for the future and that the health of the entire family is assured.

CONTENT:

Benefits of modern FP to family health and well-being

- FP contributes to the health of mothers and children because it allows parents enough time and energy to take care of the family properly.
- Couples using family planning can have the number of children they desire while ensuring that mothers rest adequately inbetween births
- Spacing children reduces the likelihood of maternal complications that lead to increased medical expenses.
- Users of FP have more time to look after their children well (for example breastfeeding longer) reducing medical expenses for children.
- Family planning can increase family's happiness by reducing financial and emotional stress in the following ways:
 - Your children will be healthier as a result of good food
 - Financial burden related to day to day upkeep such as housing, children's school fees, bills
 - Less conflict over sexual intimacy.

SIMPLE DOABLE ACTION:

- Talk to your partner or a friend about the benefits of using FP for your family.

LIVE CHAT TALKING POINTS

- FP contributes to the family's health because it allows parents enough time and energy to take of the family properly.
- Family planning is a doorway to an improved life for your family, including better education for your children, eating better food, reduced health expenses and achieving your goals,
- Family planning can increase family's happiness by reducing financial and emotional stress in the following ways:
 1. Your children will be healthier as a result of good food
 2. Financial burden related to day to day upkeep such as housing, children's school fees, bills
 3. Less conflict over sexual intimacy.

LIVE CHAT TALKING POINTS (HAUSA)

- Tazaran haihuwa yana taimako wurin kiwon lafian iyali domin yakan ba mahaifiya isheshar locachi da kozarin kula da iyali.

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

- Tazaran haihuwa yakan bude hanya ingantaccen rayuwan iyali ta hanya ingantaccen ilimi da abinchi masu gina jiki da rage masololi nasara da burin rayuwa.
- Tazaran haihuwa yakan kara jindadi da murnan iyali ta wuran rage wahaloli kudi da wasa da hankali ko damuwa.

LIVE CHAT TALKING POINTS (YORUBA)

- Iparibiribi ni ifeto somo bibi ode oni nko lori ilera to peye ninu ebi to si tun fun iya ni aye ati okun lati toju ebi.
- Ifeto somo bibi fi aye gba igbe aye irorun fun ebi nipa lile fun awon omo ni eko to yekoro, ounje to se ara lore, idin nina owo ku lori aisan.
- Ifeto somo bibi fi aye gba lokolaya lati so owo po mu erongba won lori ebi won se.
- Ifeto somo bibi a maa jeki idunu gbile si ninu ebi nipa mimu adikun ba aisi owo lowo lati toju ebi won.

EPISODE 5

Topic: Importance of Discussing FP with your spouse

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- Discussing family planning is both the man and the woman's responsibility
- Why discussing FP with spouse is important

FEEL

- ***Hopeful*** that things can be better for their family
- ***Responsible*** that discussing family planning is for both the man and the woman in a relationship

DO

- Have a talk with spouse/ friend/ family about the importance of discussing FP with spouses
- Reflect on the knowledge and explore ways of discussing FP with their spouse

PURPOSE

- To educate listeners on importance of discussing FP with spouses
- To inspire listeners to discuss the importance of discussing FP with spouses

WHY IS THIS AN ISSUE?

This is an issue because many couples don't realise that discussing and agreeing on how they want their family to be will benefit them. In many cultures, the man is supposed to make all the decisions therefore the wife thinks decisions on FP should come from the man. On the otherhand, the husband thinks FP issues are 'women's issue' and doesn't raise it. This leads to lack of communication between them concerning FP issues. In some other cultures, when a woman raises issues relating to 'sex and reproduction', she is considered to be too forward. This also affects women's confidence to speak up. However, talking about family planning issues increases the possibility of planning their family

CONTENT:

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

Ideally a couple should discuss important things such as how many children to have, when to have them and how they will be brought up, even before marriage. However, any time is as good as when it is discussed. Family planning is a family issue that affects both the man and woman. Therefore, such decisions should not be left to one person alone to make. Either the man or the woman can bring it up and ensure that the couple discuss it so they each know how the other feels about the subject. People who talk about family planning are smart and should feel only pride for having had the discussion with their spouse...

Discussing FP with a spouse has many benefits:

1. Open and honest communication is key to building a strong relationship where each partner feels close to each other.
2. It is important to talk to your spouse about FP because it enables you to talk about other family matters as well.
3. Two people making a joint decision is better than one person, so a couple that discusses FP and are united in their goals for family and children are better able to achieve more in life like better schools, better housing and bigger savings for their family.
4. A couple that discusses everything including their goals for their family will also avoid misunderstandings.

SIMPLE DOABLE ACTION:

Positively discuss the importance of FP with at least one person

LIVE CHAT TALKING POINTS

Family planning is a family issue that affects both the man and woman. Therefore, such decisions should not be left to one person alone to make. Either the man or the woman can bring it up and ensure that the couple discuss it so they each know how the other feels about the subject. There should be no shame in talking about family planning.

Two people making a joint decision is better than one person, so a couple that discusses FP and are united in their goals for family and children are better able to achieve more in life like better schools, better housing and bigger savings for their family.

A couple that discusses everything including their goals for their family will also avoid misunderstandings.

HAUSA

1. Tattaunawa tsakanin ma'aurata, mahimin mataki domin samun lafiyar iyali ne, da kuma kara kauna da shakuwa tsakanin ma'aurata.
2. Ya kyautu, ma'aurata su tattauna lamarin tazarar haihuwa domin zai inganta tattauna sauran al'amuran ya da kullum.
3. A dalilin haka, ma'aurata masu tattaunawa akan tazarar haihuwa, sun fi samun hadin kai da kuma cimma buri akan lafiyar iyalensu mussanman a al'amuran muhalli, tanadi da ilimantar da 'ya'ya.
4. Ma'aurata masu tattaunawa akan dukkan al'amuran yau da kullum musamman burin iyalen su kan samu ingantacciyar rayuwa.

YORUBA

1. Biba ara eni so okodoro oro o je ohun ti o se Pataki lati ni idile alayo, nibi ti gbogbo idile yio ni agboye ara won.

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

2. O se Pataki ki lolufe ba ara won soro nipa ifeto si omo bibi nitoripe won je oloro ara won tabi awon ni won sun mon ara won ju. Ti won ba mon ohun ti wonfe abi ti won lero nigba naa ni ibagbe po won yio rorun won o si tun ma gbe igbe aye Alafia.
3. Oko ati iyawo ti won ba jo n jiroro lori ojo iwaju won pelu iye omo ti won fe bi won o gbe igbe aye irorun.

EPISODE 6

Topic: Family Planning Methods: General Overview

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- The different methods of modern FP
- That modern FP methods are more reliable than traditional FP methods

FEEL

- **Confident** that there is a method that will work for them
- **Comfortable** in considering the different methods of modern FP
- **Encouraged** to use any of the modern FP methods

DO

- Seek more information on the modern FP methods
- Talk to others about the different methods of modern FP

PURPOSE

- *To provide correct information* about the different available modern Family Planning methods
- *To reinforce* knowledge of the different available modern FP methods

WHY IS THIS AN ISSUE?

Many people still don't know that there are different modern FP methods available to them. Lack of knowledge of the whole range of the methods also hinders listeners from feeling confident that there must be a method, out of several, that will suit their needs.

CONTENT:

There are different types of modern family planning methods that are safe and reliable. All modern FP methods have been extensively tested and are certified by safety and regulatory bodies.

Friendly health providers are trained to provide FP services and to help clients select the methods that best suit them.

Using modern family planning is a normal life decision that everyone is making. Many women in our communities are using modern FP

There are many different modern methods. There is a modern FP method that best suit you and you have the power to make that choice.

The different family planning methods are:

- Exclusive Breastfeeding (LAM – Lactation Amenorrhea)
- Male and Female Condoms
- Pills
- Injectables
- Implants
- IUD
- Tubal Ligation (permanent method for women)
- Vasectomy (permanent method for men)

Knowing about the different methods will make you feel cool and knowledgeable among your peers and neighbours because they will come to see you as the knowledgeable one to be consulted and someone who makes good decisions for your family.

People can Get it Together if they: KNOW the facts about modern FP. **TALK** with your partner about modern FP. **GO** for modern FP

Couples can find out more about modern FP methods by visiting one of the friendly health providers at Health facilities, where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

SIMPLE DOABLE ACTION:

- Seek more information and clarification from a trained health care provider
- Talk to others about the different methods of family planning

LIVE CHAT TALKING POINTS

There are different types of modern family planning methods that are safe and reliable. All modern FP methods have been extensively tested and are certified by safety and regulatory bodies.

Friendly health providers are trained to provide FP services and to help clients select the methods that best suit them.

Using modern family planning is a normal life decision that everyone is making. Many women in our communities are using modern FP

There are many different modern methods. There is a modern FP method that best suit you and you have the power to make that choice.

Couples can find out more about modern FP methods by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

YORUBA

Orisi Ilana Ifetosomobibi igbalode ti ko lewu ti o si ni idaniloju lo wa. Gbogbo awon ilana igbalode wonyi ni awon ajo ti on ri si ifokantan ati ailewu oogun ti s'ayewo ti o peye ti awon si ti fi ounte lu.

Awon osise ilera to loyaya ti gba eko nipa pipese awon orisi ilana ifetosi, ati lati ran awon onibara lowo lati yan ilana to ba ba won lara mu.

ipinnu lati lo ifetosomobibi igbalode kii se ajoji gege bi ati ri pe gbogbo eniyan lo se'pinnu yii. Ogunlogo awon obinrin ni awujo wa ni o n lo ifetosomobibi igbalode.

Awon ilana igbalode yii po yanturu. Ilana igbalode kan wa ti o ba o lara mu julo ti o si ni agbara lati yan an.

Awon toko taya le se iwadi si i nipa ilana ifetosomobibi igbalode yi i lodo awon akosemose to loyaya ni awon ile iwosan ti won ba ti ri ami awo sanmo, awo esuru ati olomi osan ti a to gbogbo re papo.

EPISODE 7

Topic: Many people are using family planning; you just don't know

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That many people use modern family planning
- That people you know are family planning users

FEEL

- ***Comfortable*** that using family planning is a normal and common thing.
- ***Reassured*** that so many couples are using family planning

DO

- Seek more information about family planning
- Talk to someone about their experience using family planning

PURPOSE

- To inform listeners that many people that they know are using family planning
- To encourage listeners to seek more information on family planning

WHY IS THIS AN ISSUE?

FP is not a regular topic of discussion in our communities and most FP users do not publicly share their experience of FP use. Most people shy away from prying into other people's perceived privacy but non-users need to know that women like them (tomato seller, roast corn seller, co-worker in the office, your friend, your cousin, your neighbour) and women they know are using FP.

In reality, many people are using modern family planning and when they talk more about it, other people will know that it is not unusual and will be encouraged to use it.

CONTENT:

It is important for people to know that many women in their community are modern family planning users. More and more FP users now discuss their experience using FP publicly and this has helped many intending users to adopt a family planning method.

1. Over three million women in Nigeria are currently using a modern family planning method
2. Most women you know like the tomato and roast corn seller, a co-worker and even your friends and neighbours use family planning in between all their pregnancies. They are able to get pregnant, rest and get pregnant again when they want
3. Count five women around you; at least one of them is using a family planning method; Your sister, friends, peers and neighbors are modern family planning users. (In Lagos and Oyo, count one in three women...)

Women need to understand that they are not different from other women who use family planning. Older and younger women are among family planning users;

Women can read and hear about other women who use FP by doing any of the following:

- Speaking to their friends or neighbors about it
- Tuning in to future episodes of this radio program. (*Use in Magazine section*)
- Seeking more information from a service provider near you.

Benefits for sharing about FP use

- Your neighbours' or family members' problems do not become yours (*Irorun okun ni irorun eye*)
- It shows that you are generous and a good friend/neighbour

(Suggestion – let testimonial be about a woman who has overcome her reservations about talking about FP and has shared such information with a friend)

SIMPLE DOABLE ACTION:

Talk about family planning with one person you have never discussed it with before.

LIVE CHAT TALKING POINTS

It is important for people to know that many women in their community are family planning users.

Over three million women in Nigeria are currently using a family planning method.

Count five women around you; at least one of them is using a family planning method; Your sister, friends, peers and neighbors are FP users. (1 in 5 for Kaduna and 1 in 3 for Lagos/Oyo.)

Women need to understand that they are not different from other women who use family planning. Older and younger women are among family planning users;

More and more family planning users now discuss their experience using modern family planning publicly and this has helped many intending users to adopt a method. Women can read and hear about other women who use family planning by doing any of the following:

- Speaking to their friends or neighbors about it
- Tuning in to future episodes of this radio program.
- Seeking more information from a service provider near you.

HAUSA

1.

YORUBA

Ose Pataki fun awon eniyan lati mo wipe opolopo obirin ni awujo n lo Ifeto s'omo bibi.

Opolopo awon ti won n lo Ifeto s'omo ni won ti n so nipa iriri won. Ijeri won ti ran opolopo awon tio n gbero lati lo se Ifeto s'omo bibi lowo.

Eeri fi han pe millionu meta obirin ni Nigeria ni won n lo Ifeto s'omo bibi. Awon obirin ti a mo bi alaata, alagbado, alabasise po, ore at molebi n lo Ifeto s'omo bibi laarin oyun nini.

Tia b'aka obirin meewa, okan ninu won n lo Ifeto s'omo bibi; Count ten women around you; at least one of them is using a family planning method; aburo, egbon, ore tabi elegbe re n lo Ifeto s'omo bibi.

Awon obirin ni lati mo wipe won ko yato si awon obirin miran ti won n lo Ifeto s'omo bibi. Adelebo ati osoro olomoge wa lara awon ti won n lo Ifeto s'omo bibi.

Awon obirin le kaa tabi gbo nipa awon obirin miran ti won n lo Ifeto s'omo bibi:

- Nipa siso fun ore tabi alabagbe nipa re
- Gbigbo eto Ifeto s'omo bibi lori ero ibanisoro
- Titoo akosemose to sun mo won lo

EPISODE: 8**Family Planning Method: Injectables**

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- The facts about Injectables
- Benefits of Injectables
- Possible side effects and how to manage them

FEEL

- ***Confident*** that Injectables are safe and easy to use
- ***Curious*** to find out more about injectables

DO

- Seek more information on injectables
- Talk to others about injectables

PURPOSE

- ***To educate*** on the facts and benefits of injectables
- ***To encourage*** others to start using injectables

WHY IS THIS AN ISSUE?

Injectables are an effective modern family planning method. Women have some information but they may not have complete information. There are myths and misconceptions about injectables, especially a fear of infertility. Some women don't use them because they are afraid of side effects like weight-change– but the issue is that they don't have correct information about what the side effects really are and their fears are blown out of proportion.

CONTENT:

Injectables are safe and reliable methods for women. Many women in our communities are enjoying the benefits of using this method.

Injectables are family planning injections given by a trained health worker to prevent unwanted pregnancy. There are two types of injectables available for free at government clinics. These are given every two months or every three months.

Benefits of injectables

- When you are ready to have children again, just stop the injectable and your fertility will return.
- When you are on injectable, you will feel safe that there is no risk of unwanted pregnancy. And this will bring you closer to your spouse / partner.
- Easy to get the injection
- Injectables are safe for breastfeeding mothers whose infants are more than six weeks old.

Possible side effects of injectables

Just as there are temporary changes in a woman's body when she is pregnant, there may be some temporary changes when she is taking injectables. Injectables may cause changes in menstruation pattern, headache,

mild weight change and pain around the breast. Not all women will experience side effects but if they do, be calm. Know that these side effects are normal and temporary and should not cause concern. They often resolve by themselves after a few months. If you have a question, ask a provider.

Where to access additional information

Couples can find out about the benefits of FP by visiting one of the friendly health providers at Health facilities where you see the *Get it Together Blue, Yellow and Orange puzzle pieces*.

SIMPLE DOABLE ACTION:

- Talk to a friend that is a satisfied user of injectable
- Go to the nearest facility for more information about Injectables.

LIVE CHAT TALKING POINTS

Injectables are safe and reliable methods for women. Many women in our communities are enjoying the benefits of using this method.

Injectables are family planning injections given by a trained health worker to prevent unwanted pregnancy. There are two types of injectables available for free at government clinics. These are given every two months or every three months.

Benefits of injectables

- When you are ready to have children again, just stop the injectable and your fertility will return.
- When you are on injectable, you will feel safe that there is no risk of unwanted pregnancy. And this will bring you closer to your spouse / partner.
- Easy to get the injection
- Injectables are safe for breastfeeding mothers whose infants are more than six weeks old.

Hausa

Alurai hanyoyi ne wanda basu da matsaloli ga matan da su ka kai matsayin daukan juna biyu, mata da yawa a cikin al'umar mu suna jin dadin wannan hanyar tazarar haihuwa na alura.

Aluran tazarar haihuwa, alura ce wanda kwararaiyar ma'aikaceyar lafiya ta bangaren tazarar haihuwa ke bada ma mata domin kareya daga daukar juna biyu wanda ba'a shirya masa ba. Aluran kalla biyu ne, akwai wanda ake bada shi bayan kowace wata biyu, akwai kuma na watani uku wanda ake samun sa kyauta a abisitocin gwamnati.

Muhimmuncin Aluran Tazarar Haihuwa

Duk lokacin da ake bukar juna biyu, sai a daina amfani da aluran

Matsalolin da kan iya fuskanta daga Aluran Tazarar Haihuwa

Kamar yadda mace ke iya fuskantar wasu chanji yayin da take dauke da juna biyu, haka shima zata iya samun wasu irin chanji yayin da tayi alurar nan ta tazarar haihuwa, amma chanjin ba masu dadewa bane.

Wadan nan chanji basu da wani matsalla kuma wanda zasu wuce ne, alurai na iya sac haji kamar chanjin yanayi jinin hails, dan ciwon kai, chanjin nauyin jiki ko ta dan ji zafi akan nonon ta. Idan ana bukar Karin bayani ko tambaya sai a neme kwararar ma'aikatar lafiya akan tazarar haihuwa.

Ma'aurata za su iya samun Karin bayani ta wurin ziyartan asibitoci da ke dauke da tambarin "Get it Together" mai dauke da tambarin shudi, ruwan kwoi da ruwan lemu.

YORUBA

Ilana alabere ko lewu. O si je ilana ti o see gbekele fun awon obinrin. Opolopo awon obinrin lo n gbadun awon anfaani ilana yi.

Ilana alabere je eyi ti awon akosemose nipa ifetosomo bibi n fun ni lati dena oyun airotele. Orisi meji ilana yi lo wa lofe ni ile eto ilera ijoba; olosu meji ati olosu meta.

Anfaani Ilana Alabere

Da ilana alabere gbigba duri nigbati o ba setan lati loyun miran.

Inira Pepepe

Bi awon iyipada kan se wa lara obinrin nipo iloyun, bee ni iyipada le wa fun igba die nigbati o ban lo ilana alabere. Awon iyipada wonyi ko ni saiwa, sugbon ko mu ewu lowo, ara sim aa pad abo sipo laipe. Ilana yi le fa iyipada die nipa nnkan osu riri, ori fifo, titobi sii ati irora ranpe lori oyan. Ti o ba ni ibeere, to awon akosemose lo.

Tokotaya le mo nipa ilana alabere sii nipa tito awon akosemose lo, ni ile eto ilera, nibiti amin 'To gbogbo papo (Get It Together) wa.

EPISODE 9:

Topic: Modern Family Planning is Stress-Free

MEASURABLE OBJECTIVES: After listening to this episode, the audience will:

KNOW:

- By using modern family planning, they will have stress free intimacy
- FP is simple and straightforward

FEEL:

- ***At peace*** that that they will not have an unintended pregnancy
- ***Comfortable*** that modern family planning is simple and straightforward.
- ***Grateful*** that modern family planning will enhance, not get in the way of business or life

DO:

- Talk to friends about how FP can give peace of mind.

PURPOSE

- To inform them that using modern FP gives peace of mind
- To reassure that getting and using modern FP will enhance, not get in the way of business or life

WHY IS THIS AN ISSUE?

For some couples, it's normal for them to worry after each intercourse and every month about whether they are pregnant or not. They often worry about unplanned pregnancy and as such deny each other sexual pleasure. This sexual denial leads to conflict in their relationship. They don't realize that the little extra effort it may take to get FP is worth their peace of mind.

CONTENT:

Modern FP is reliable and gives peace of mind

- Modern FP methods are reliable for child spacing and in preventing unplanned pregnancy.
- You don't have to worry about getting pregnant before you are ready.
- Using modern FP reduces conflict due to denial of intimacy in partners so couples can enjoy worry-free intimacy.
- FP helps women to stay looking beautiful and attractive so they don't have to worry about losing their youth with frequent pregnancies.

Using modern FP is simple and straightforward

- FP is readily available at clinics and hospitals in your area and you can access it easily.
- The process of getting FP is simple and the time spent getting it is worth the peace of mind it brings.
- Busy men and women like you are satisfied users of FP and it doesn't get in the way of their business and life.
- Depending on how busy the facility you visit is, you may have to wait a little bit for your turn but remember the little extra effort it may take to get FP is worth it.

SIMPLE DOABLE ACTION:

- Discuss how FP can give you peace of mind with friends.

LIVE CHAT TALKING POINTS

- Couples using modern FP methods can have peace of mind that they won't have an unexpected pregnancy. Therefore, they can share worry-free intimacy.
- Busy men and women like you are satisfied users and it enhances rather than gets in the way of their business and life.
- The procedure of getting FP is simple and the time spent getting it is worth the peace of mind it brings.

LIVE CHAT TALKING POINTS (HAUSA)

- Akwai asibitin tazarar haihuwa kusa da kai/Ke , kuma yana da sauƙin samuwa.
- Maureta da suna amfani da dabarun tazarar haihuwa suna da kwanchiyar hankali na tazara sakanin haihuwa.
- Dabarun Tazarar haihuwa yana inganta soyeya sakanin Maureta kuma baya hana jama'i.
- Maza da mata masu sanaa sun amfani da dabarun tazarar haihuwa kuma baya shafe yenyin rayuwan su.
- Hanyoyin samun tazarar haihuwa babu wuya kuma kwaliya kan biya kudin sabulu.

LIVE CHAT TALKING POINTS (YORUBA)

- Ilana ifeto somo bibi ode oni wa ni awon ile iwosan ijoba to sumo yin. E si ni aafani lati yan eyi to ba bayin lara mu.
- Tokotaya to ba n lo liana ifeto somo bibi ode oni yio oni ifokanbale tio o si ni si iberu oyun airotele, ti ibasepo won yio gboro si.
- Pupo ninu awon okunrin ati obirin ti won n lo liana ifeto somo bibi ode oni ni won ngbe igbe alafiya tio osi di ise tabi okowo won lowo.
- Ifeto somo bibi ode oni o rorun lati se, o si fini lokan bale.

EPISODE 10:

Family Planning Method: Exclusive Breastfeeding Method

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- How to use Exclusive Breastfeeding Method properly for family planning

FEEL

- ***Assured*** that they have the correct facts about Exclusive Breastfeeding Method of FP
- ***Confident*** that they can use Exclusive breastfeeding method of FP correctly

DO

- Tell someone about how to use Exclusive breastfeeding method of family planning correctly

PURPOSE

- To educate listeners about the correct use of Exclusive breastfeeding method for family planning.
- To empower listeners to make the right choice of whether Exclusive breastfeeding is the correct method for them.

WHY IS THIS AN ISSUE?

Although people realize that breastfeeding can be a form of family planning, many people don't have CORRECT information about how to effectively use it to prevent unplanned pregnancy. Many don't know that it's a specific type of Exclusive breastfeeding method that is effective for FP. This leads to poor practices, which means that many couples who are breastfeeding may think that they are protected from unintended pregnancy when they are not.

CONTENT:

How can breastfeeding be used as a family planning method?

- A specific type of breastfeeding known as Exclusive Breastfeeding is an effective FP method for couples that want to delay or space pregnancies in the time right after a baby delivery.
- For LAM to be effective, the breastfeeding woman must meet **ALL** of the following criteria:
 - 1. Mothers menstrual period has not returned,**
 - 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 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 FP method AT ONCE in order to stay protected from unintended pregnancy.
- Many couples like Exclusive Breastfeeding because there are no side effects and it is the best way to feed a new baby. However, it is important that all the necessary precautions are taken to ensure the mother remains within the criteria for effectiveness.
- There are many modern FP methods that are safe for nursing mothers that can give women peace of mind to know that they are having the next child when they are ready.

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

- At your six week postnatal visit, get information about family planning and be prepared to select a method before your baby is six months old, to ensure you are safe from unintended pregnancy until you are ready.

SIMPLE DOABLE ACTION:

- Write down the three conditions that must be in place for a woman to use exclusive breastfeeding method.
- Begin to think of a more long lasting method you can switch to after you complete exclusive breastfeeding

LIVE CHAT TALKING POINTS

- Exclusive breastfeeding is ONLY effective as an FP method if women must meet ALL 3 of the following conditions:
 - Mothers menstrual period has not returned since delivery AND
 - Baby feeds exclusively on breast milk on demand day and night (no water or other baby food) AND
 - Baby is less than six months old.
- If a woman falls out of any 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 FP method AT ONCE in order to stay protected from unintended pregnancy.
- There are many other modern FP methods that are safe for nursing mothers that can give women peace of mind to know that they are having the next child when they are ready.
- Find out about these methods from your FP provider.

LIVE CHAT TALKING POINTS (HAUSA)

- Iriyin shayerwa yana da ingan chi a hana daukan chiki bashiri shi ne zallan shayerwa da nunu babu hadawa da ruwa, ko sauren abinchin yana zuwa sawan wata shida.
- Zallan shayerwa da nunu yana aikine a tazarar haihuwa In mache ta bi duka wannan kaidodi uku.:
 - Mahaifiya bata koma ganin alandata bat un da ta haihu
 - Yaro kan sha Zallan nunu mahaifiya locachi da ya bukata dare da ran aba hade da ruwa koma abinchi ba
 - Yaro yana kasa da wota sida.
- Akwa dabarun tazarar haihuwa dayawa da suke da auki da sare mache mai reinu yaro da zai ba ta konchiyar hankali chewa za su sake sanu juna biyu locachi da suka shirya.
- ATuntuba maaika chin kiwon lafiya domin sanni dabarun tazarar haihuwa

LIVE CHAT TALKING POINTS (YORUBA)

- Ona ti fifun omo loyon se le sise fun fifi eto somo bibi ni fifun omo loyon fun osu mefa gbako lai fi omi tabi nkankan mi laa.
- Lati ri aridaju wipe fifun omo loyon yio sise fun fifi eto somo bibi ri daju wipe:
 - Nkan osu iya o ti bere leyin ibimo pada
 - Iya gbodo fun omo re loyon ni gbogbo igba ti omo ba ti nfe, laaro, losan, laale ati loru
 - Ko si ri wipe omo o ti ju osu mefa lo
- Awon liana ifeto somo bibi ode oni wa lorisirisi fun obirin to ba n to omo lowo ti o si fini lokan bale pe ko si a ni oyun titi di igba ti a ba fe.

EPISODE 11**Choosing Modern FP over Traditional Methods**

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That modern methods are more reliable than traditional methods
- The benefits of using modern family planning methods

FEEL

- ***Comfortable*** enough to try a modern family planning method
- ***Confident*** to move from traditional to modern methods

DO

- Talk to a family planning service provider
- Consider using a modern family planning method

PURPOSE

- ***To educate*** on the safety, ease and benefits of modern FP methods
- ***To encourage*** the acceptance and adoption of modern methods

WHY IS THIS AN ISSUE?

Many women still use traditional methods such as cycle beads (standard days), waist-beads, rhythm and withdrawal methods, which are less reliable than the modern family planning methods. This is because many women do not have adequate information or are afraid of the modern methods. Some also have used traditional methods for so long and their attitude is “Traditional methods have been used for a long time, so why change to modern?” However, the fact is that failure of traditional methods has made some women resort to abortions to get rid of unwanted pregnancies

CONTENT:

Many couples have made good decisions to plan their families and are taking actions to achieve this. They however sometimes use traditional methods such as standard days, use of beads, rhythm and withdrawal which are less reliable than the modern methods.

Though many women have used traditional methods for a long time, there is still the risk that they can get pregnant because these methods are more subject to human error unlike modern methods which are more effective in protecting against unintended pregnancy

Modern family planning methods include pills, implants, IUD, condoms, injectables, vasectomy and tubal ligation. There is a modern family planning choice for everybody and you have the power to make that choice.

Benefits of modern family planning methods over traditional

- Using modern family planning methods are reliable, safe and effective, unlike traditional methods
- Modern methods work for a longer period of time
- Modern methods give you peace of mind and increases intimacy between couples
- Using modern FP methods protects you from getting pregnant when you're not ready, therefore you won't have to resort to abortion which is very risky

Moving from traditional methods to using a modern family planning method shows that you be “person wey sabi”. It shows you know current things and you are confident to take steps where you are making decisions that will help your family succeed.

Where to access additional information

Couples can find out about the benefits of modern methods by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

SIMPLE DOABLE ACTION:

Discuss the use of modern family planning with your partner

LIVE CHAT TALKING POINTS

Benefits of modern family planning methods over traditional

- Using modern family planning methods are reliable, safe and effective, unlike traditional methods
- Modern methods work for a longer period of time
- Modern methods give you peace of mind and increases intimacy between couples
- Using modern FP methods protects you from getting pregnant when you’re not ready, therefore you won’t have to resort to abortion which is very risky

Moving from traditional methods to using a modern family planning method shows that you be “person wey sabi”. It shows you know current things and you are confident to take steps where you are making decisions that will help your family succeed

Where to access additional information

Couples can find out about the benefits of modern methods by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

HAUSA

- Tazarar haihuwa ta zamani itaceciyar hanya ce ta kwarai
- Tana bada damar ci gaban rayuwar ta sannan ta taimaka wajen bunkasa ci gaban iyalanta
- Tazarar haihuwa ta zamani tana taimakarwa a samu dogon lokaci kafin a ciki yadda ake so
- Iyali zasu sami kwanciyar hankali da lumana

Wadda suka zarce daga tazarar haihuwa nadah zuga na zamani wadda za a iya ce masu “ma su iyawa”. Ya nuna sunada yanci. Iyali zasu samu igantarwa

Gurin Samu Ishashin Bayani

- Masu neman tazarar haihuwa zasu iya tuntubarsu a cibiyar asibiti mai “Get it Together” mai dauke da kalolin shudi, rawaya da ruwan lemu a jikin alamar

YORUBA

- Iwadi ijinle ti fi idi e mule pe Ilana ifeto somo bibi igbalode je oun ti o mu na do ko
- Lilo ife to somo bibi igbalode je ipinno to daara, nitori wipe o fi ni lokan bale
- Ilana ifeto somo bibi igbalode a ma sise fun igba pipe, eyi ti o de na oyun airo tele
- Ilana ifeto somo bibi igbalode fini lokan bale, o si tun mu iba lo po loko laya ko dan moran, ti ko ni si iberu oyun airo tele
- Yiyar ifeto somo bibi igbalode laayo, tum o si wipe ‘o da mo’. Toko taya le ko ni pa awon ilana ife to somo bibi igbalode, nipa li lo si odo akosemose ni eka ifeto somo bibi ni ile iwosan ti a ti ma ri amin awo sanmo, esuru ati olomi osan. Beeni e si le baa awon olu polongo eto ifeto somo bibi ti “to gbogbo e papo, ka jo tooo” soro

EPISODE 12

Modern Family Planning (FP) is Safe

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That modern FP methods are safe
- The facts about the safety of modern FP

FEEL

- ***Confident*** that modern FP methods are safe
- ***Empowered*** to use modern FP

DO

- Talk more about the safety of modern FP methods

PURPOSE

- ***To promote*** the safety of modern FP methods
- ***To provide*** information on facts about safety of modern FP methods
- ***To motivate*** the audience to feel confident that modern FP methods are safe for them and their family

WHY IS THIS AN ISSUE?

Incorrect beliefs (Myths) and misconceptions about modern family planning methods and fear of side effects prevent couples from using modern FP. If they had the facts they might be more likely to use modern family planning method and enjoy the benefits.

CONTENT:

Modern family planning methods are safe. All modern FP methods in Nigeria have been certified by safety and regulatory bodies such as NAFDAC. Many users of family planning have experienced the safety of the methods.

Many women are satisfied with their family planning methods because they knew what to expect from their service provider and they are now able to enjoy the benefits of FP. You can always go to your provider if you have any question or concerns about your FP method. When getting a method, be sure to KNOW how to use the method correctly.

Correct FP use is vital as this will ensure the effectiveness of the chosen method. For example, pills should be taken daily and injectables every 2 or 3 months. Trained friendly providers can guide clients in correct information and FP use.

Individuals should talk to a service provider to help decide the method that is best suited to their needs.

SIMPLE DOABLE ACTION:

- Share your health concerns with a trained family planning provider
- Discuss safety of modern FP methods with peers / relatives.

LIVE CHAT TALKING POINTS

Modern family planning methods are safe. All modern methods in Nigeria have been certified by safety and regulatory bodies.

Individuals should talk to a service provider to help decide the method that is best suited to your needs.

Correct modern family planning use is vital as this will ensure the effectiveness of the chosen method. For example, pills should be taken daily and injectables every 2 or 3 months. Trained friendly health care providers can guide clients in correct FP use or answer any questions you may have.

Hausa

Tazarar haihuwa ta zamani ba ta da wata matsalla, saboda dukan wadannan hanyoyin na tazarar haihuwa an tabbatar da su a Nijeriya cewar basu da matsala.

Mutane za su iya tuntubar maikatan lafiya domin su taimaka wurin zabo musu abinda ya fi dacewa da su.

Sanin hanyoyin tazarar haihuwa ta zamani zai bada damar zabi da wanda ya dace da mutun, misali kamar kwayoyi ana shan su a kullun, alurai kuma ana bada su duk bayan watanin biyu ko uku.

kwararrun ma'aikatar lafiya za su taimaka wajen fada wa mutun yadda ake amfani da hanyoyin tazarar haihuwa ta zamani.

Amma dai, wasu na iya fuskantar wasu yan matsalloli wanda ba masu dadewa bane, idan har an fuskanci kowace irin matsala sai an tuntuubi kwararran ma'aikatar lafiya domin su taimaka wajen warware matsalar.

Yoruba

Awon ilana ifetosomo bibi ode oni ko lewu. Awon ijoba wa ti fi ounte luu.

Ki olukuluku ba awon akosemose soro lati mo ilana ti o ba won lara mu.

Lilo ilana ifetosomobibi ode oni lona to peye se pataki nitori pe yoo je ki eyi ti o lo muna doko. Fun apeere, onikoro ojojumo tabi alabere olosu meji tabi osu meta. Lilo awon ilana ifetosomo bibi ode oni fi ni lokan bale. Awon akosemose eleto ifetosomo bibi le to yin sona fun ilo awon ilana yi ni ona to to.

O seese ki lilo awon ilana yi mu awon inira pepepe lowo, e yara lo baa awon akosemose ki won to yin sona.

EPISODE 13**Family Planning Benefits for Mothers**

MEASURABLE OBJECTIVES: After listening to this episode, the audience will:

KNOW:

- Family planning helps to save mothers' lives and healthy spacing between births.
- Family planning gives mothers the opportunity to contribute to herself and her family.
- Family planning help a woman maintain her youthful, beautiful and attractive looks for herself and her partner.

FEEL:

- ***Confident*** that using FP will help women live to achieve their dreams for themselves and their families.
- ***Confident*** that FP will help women maintain a youthful and beautiful look.

DO:

- Talk to partner, friends and family about the benefits of using FP for women.

PURPOSE

- To educate listeners about how modern FP contributes greatly to safe motherhood.
- To inform them about benefits of FP to maternal health.
- To motivate the use of modern FP amongst women.

WHY IS THIS AN ISSUE?

Many people know a friend, neighbor, colleague or relative who has died from pregnancy-related causes. Unsafe abortions often occur because a woman is not prepared to have a baby though she finds herself pregnant. A couple may leave their fertility to chance which can be very unsafe as the woman may not have time to recover fully before another pregnancy. This also affects their ability to care for themselves and their babies properly. These women don't realize that using modern FP methods will help them give appropriate space between pregnancies so that they can stay youthful, beautiful, and have a healthy and productive life.

CONTENT:

- Too frequent births is a leading cause of maternal death according to research.
- It is important that women rest between pregnancies so that they can recover and regain their lost strength after childbirth.

Benefits of modern FP to maternal health

- Modern FP prevents pregnancy before the mother is ready. Also useful in preventing pregnancies that could be risky for the mother.
- Using FP methods also allows women to take care of themselves and their babies properly.
- Using modern FP helps a woman to recover herself enough to pursue her career and family goals so that she can contribute to the family's well-being.
- Using modern FP helps parents bond and give full attention to the baby they just had
- By allowing women to rest between pregnancies, FP helps women to stay looking young, beautiful and attractive for themselves and their partners.

SIMPLE DOABLE ACTION:

- Talk to partner, friends, family or a service provider about the health benefits of using FP for mothers

LIVE CHAT TALKING POINTS

- It is very important that women rest between pregnancies as too frequent births is a leading cause of maternal death.
- Modern FP methods allow women to space their children and prevent pregnancy before they are ready or healthy enough.
- FP gives women enough time to take care of themselves and their babies, and allows her to pursue her career goals.
- FP helps women to stay looking young, beautiful and attractive for themselves and their partners.

LIVE CHAT TALKING POINTS (HAUSA)

- Yana da matukar mahimachi mata su huta sakanin haihuwa saboda haihuwa akai-akai yakan sa yawan mache-machen mata.
- Dabarun tazarar haihuwa yana ba mata daman bada tazarar sakanin haihuwa da isheshar lafiya.
- Tazarar haihuwa kan ba mata isheshar locachin kula da kansu, yaran su harda borin karin matakin aiki sanaa da illimi.
- Tazarar haihuwa kan sa mache taa kara kelli da zaman kekkewa kuma da jan rayin mujin taa.

LIVE CHAT TALKING POINTS (YORUBA)

- O se pataki ki obirin o fun ara ni isinmi laarin oyun kan si ikeji nitoripe aisinmi oyun nini a maa fa iku obinrin.
- Ilana Ifeto somo bibi ode oni a maa fun obirin laye lati fi alafo si arin omo kan si ikeji leyi ti yio gba obinrin be laye ati sinmi dada ko to tun loyun miran
- Ilana ifeto somo bibi a maa fun obirin laye ati se itoju ara re ati awon omo . O tun maa n fun won laye lati gbajumo ise ati okowo won.
- Ifeto somo bibi a maa je ki obirin rewa ti a sii ma daa oko re lorun.

EPISODE 14

Modern FP Helps Couples get Closer (better sex and intimacy)

MEASURABLE OBJECTIVES: After listening to this episode, the audience will:

KNOW:

- That family planning can build closeness and friendship between partners
- That family planning use can increase intimacy by improving their sexual relationship

FEEL

- ***Comfortable*** to enjoy better sexual intimacy with their partner because of family planning
- ***Loved*** by their partner because of the closeness family planning brings them

DO

- Decide that using FP will help them enjoy sexual intimacy with their partners while still achieving their goals
- Talk to their partner about using FP to enhance closeness with them.

PURPOSE

- To educate listeners that one of the benefits of FP use is improved sexual intimacy with their partner.
- To motivate listeners to consider FP because it will help improve their sexual intimacy and closeness with their partner.

WHY IS THIS AN ISSUE?

This is an issue because for the many couples who are delaying the next child or don't want any more, sexual intimacy is compromised if they have not started using a modern family planning method. In many cases this causes tension leading to 'bedroom' fights. Many women deny their husbands sex because they are afraid of unplanned pregnancy. The woman is often not confident to share the real reason why she is saying no and hence cannot ask to do something about it. This causes stress and tension.

CONTENT:

- FP prevents unplanned pregnancies, therefore allowing couples who are users to have sex without hassles when they want.
- Sharing intimacy regularly enhances closeness between partners thereby improving communication, friendship, understanding and love in the relationship.
- A woman who is not afraid of unplanned pregnancy will be able to relax and enjoy sex more.
- Couples will not have to make up excuses about why they don't want to have sex
- Men will feel happy that their wives are willing to be close to them and share intimacy.
- FP prevents the frequent pregnancies and helps women stay youthful and beautiful and thus more likely to feel confident and appear attractive to her partner.

SIMPLE DOABLE ACTION:

- Talk with partner about using FP to enhance closeness with them

LIVE CHAT TALKING POINTS

- FP prevents unplanned pregnancies, therefore allowing couples who are users to have sex without hassles when they want.
- Sharing intimacy regularly enhances closeness between partners thereby improving communication, friendship, understanding and love in the relationship.
- A woman who is not afraid of unplanned pregnancy will be able to relax and enjoy sex more.
- Couples will not have to make up excuses about why they don't want to have sex
- Men will feel happy that their wives are willing to be close to them and share intimacy.
- FP prevents the frequent pregnancies and helps women stay youthful and beautiful and thus more likely to feel confident and appear attractive to her partner.

LIVE CHAT TALKING POINTS (HAUSA)

- Tazaran haihuwa yana taimakon maaureta ta wurin zama kusa da juna da jindadin jema'i da soyeya ta hanyoyin kamar haka:
 - Karin soyeya da kusanche da juna.
 - Ragin tashin hankali
 - Babu fadan chikin dakin kwana.
 - Ba bu sorun chikin da ba shiriya ba.
- Mata zasu si ya a chikin kekkawan su da kelli kelli da zai ja rayin masoyi/mazajen su da zasu jidadi tun da zasu samu jama'i babu damuwa.

LIVE CHAT TALKING POINTS (YORUBA)

- Lilo ifeto somo bibi ode oni a maa je ki ife ati irepo wa laarin oko ati aya ju ti ateyin wa lo ni awon ona yi:
 - Ko ni si iberu oyun airotele fun awon mejeji ni gbogbo igba ti won ba fe se ere ife.
 - Gbon omi si, omi o to a dinku laarin lokolaya
 - Agboye ati ibasepo won a tun dan moran si
- Lilo ifeto somo bibi ode oni a maa jeki obirin rewa si ti yio si maa daa oko re lorun. Eyi a jeki ibasepo won tun bo gbile si.

Episode 15

Topic: How to discuss and Negotiate with your husband for Family Planning

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- How to discuss FP with their husband.

FEEL

- Confident that she can initiate and hold a conversation with husband about family planning skills

DO

- Initiate discussion on FP with husband

PURPOSE

- To demonstrate how women can negotiate FP with their spouse.

WHY IS THIS AN ISSUE?

Most women have a perception that their husbands do not approve of FP as such are not confident in introducing a discussion on FP. Those who initiate FP discussions are not skilled in negotiating the adoption of a method.

Women need to know some tactics of how best they can convince their husbands on the benefits and need for family planning. Most men believe that family planning is a woman's affair even though they are quick to recognize its benefits to their family.

CONTENT:

Family planning is a family affair and either the man or woman can raise the subject and ensure that they both discuss it.

The steps to negotiating family planning with your husband are as follows:

1. Find out the facts about family planning methods from a trusted source of information –perhaps a radio program, brochure or from a service provider.
2. Find a good time to have the discussion – when the husband is relaxed and happy like while eating his favorite food, in an amiable and jovial manner, in a romantic place, during leisure outings or later in the evening before they sleep.
3. Share that family planning is the way a couple decides how many children to have, when to have the children and how to space them, saying that if a couple plans their family, they can have a family size that they could cater for. This would enable them to send their children to schools of their choice and also allow the spouses to have time for each other. This would in turn improve the bond of love between you.
4. Share ideas on how your combined savings can give your family a better life, and reduce the burden on him.
5. Discuss, listen to each other and reach an agreement.
6. Act on your decision.

SIMPLE DOABLE ACTION:

Think about when would be the best time to discuss FP with spouse.

LIVE CHAT TALKING POINTS

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

Family planning is a family affair and either the man or woman can raise the subject and ensure that they both discuss it.

The steps to negotiating family planning with your husband are as follows:

1. Find out the facts about family planning methods from a trusted source of information –perhaps a radio program, brochure or from a service provider.
2. Find a good time to have the discussion – when the husband is relaxed and happy like while eating his favorite food, in an amiable and jovial manner, in a romantic place, during leisure outings or later in the evening before they sleep.
3. Share that family planning is the way a couple can have a family size that they could cater for. This would also allow the spouses to have time for each other and would in turn improve the bond of love between you.
4. Share ideas on how your combined savings can give your family a better life, and reduce the burden on him.
5. Discuss, listen to each other and reach an agreement.
6. Act on your decision.

YORUBA

Oro ebi ni ifetosomobibi beeni okunrin tabi obinrin ni ole se agbekale oro naa ti yio si ri daju wipe awon mejeeji jo jiroro lori i re.

Awon ipele ti aya le tele lati ba oko re soro nipa ifetosomobibi ni wonyi:

S'awari ododo nipa awon ilana ifetosomobibi lati ipase awon to se e f'okan tan bii eto ori redio, iwe imo, tabi akosomose ifetosomobibi

Wa akoko ti o dara lati jiroro pelu oko o re, bii, igba ti ara oko o re ba bale ti inu re si dun, nigba ti o ba n je ounje ti o feran julo, nigba ti o ba n s'awada, ti e ba sere jade tabi ki e to sun l'ale.

Je ko mo wipe ifetosomobibi ni ona ti toko taya fi le se ikawo ebi i won. Eyi yo tun fi aaye ati akoko sile fun toko taya ti yio si ran ife to wa laarin won lowo.

E jiroro lori awon erongba yin nipa bi fifi owo pamo se le fun ebi i yin ni igbe aye ti o rorun, ati din bukata ori i re ku

E jiroro, e teti s'ira yin, ki e si se ipinnu

E gbe igbese lori ipinnu yin

EPISODE 16**FP Method: IUD**

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- What IUD is and its benefits
- Possible side effects and how to manage them

FEEL

- **Confident** that IUD is a safe option
- **Curious** to find out more about the IUD

DO

- Talk about benefits of IUD
- Be willing to use IUD

PURPOSE

- *To educate* the audience about benefits of IUD
- *To showcase* satisfied users of IUD.

WHY IS THIS AN ISSUE?

There are misconceptions such as the IUD getting lost in other parts of the body. Many women don't know where to get more information about IUD, benefits of IUD and how it works. If couples had correct information, they would be more likely to consider the use of IUD.

CONTENT:

The IUD is also called 'loop' or 'coil'. The IUD is put inside a woman's womb, it prevents pregnancy for as long as 10 years and can be removed at any time. IUD works by preventing the sperm and egg from meeting.

Benefits of the IUD

- Long term pregnancy protection, up to 10 years
- Convenience. Client does not have to go back to the clinic once the IUD is in place
- IUDs are safe for women. A woman's fertility returns immediately it is removed.
- IUD is good for breastfeeding mothers and can be used immediately after childbirth.
- Many women are happy with using the IUD.

The IUD must be inserted by a trained provider and is readily available at all government health facilities.

Side Effects

Just as there are temporary changes in a woman's body when she is pregnant, there may be some temporary changes when she is using IUD, for example having irregular bleeding, cramps during menstrual period or changes in menstrual patterns. Not all women experience these side effects but if they do occur, be calm. Know that they are normal and temporary and should not cause concern. They often resolve by themselves after a few months.

The IUD stays in place. If a woman is concerned about whether her IUD is in place, she can check for the string in her vagina or see a health care provider.

Couples can also find out more about the IUD by visiting one of the friendly health care providers where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

SIMPLE DOABLE ACTION:

- Talk to others about IUD

LIVE CHAT TALKING POINTS

The IUD is also called 'loop' or 'coil'. The IUD is put inside a woman's womb, it prevents pregnancy for as long as 10 years and can be removed at any time. IUD works by preventing the sperm and egg from meeting.

Benefits of the IUD

- Long term pregnancy protection, up to 10 years
- Convenience. Client does not have to go back to the clinic once the IUD is in place
- IUDs are safe for women. A woman's fertility returns immediately it is removed.
- IUD is good for breastfeeding mothers and can be used immediately after childbirth.
- Many women are happy with using the IUD.

Couples can also find out about the IUD by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

Note: There would be a testimonial of satisfied IUD user.

Hausa:

IUD itace ake kira Rubbar mahaifa,

- ana sa ta ne cikin mahaifar mace
- yana aiki har tsawon shekaru goma, kuma ana iya cire ta da zarar mace na bukatar samun juna biyu
- yana da kyau ga mace mai shayarwa, kuma ana iya sanya shi da zarar mace ta haihu

Muhinmancin rubar mahaifa

- tana dadewa kafin a samu wata juna biyu
- da zarar an sama mace ba sai sake koma asibiti ba

Ma'aurata za su iya samun Karin bayani ta wurin ziyartan asibitoci da ke dauke da tambarin "Get it Together" mai dauke da tambarin shudi, ruwan kwoi da ruwan lemu.

Karin Bayani: za a sami wanda ta yi amfani dashi domin nuna tabbacin shi

YORUBA

Sowanbe tabi Onififisi

A n fi si ile omo, o si nsi se fun bii odun mewa. O rorun lati yo nigbati a ba fe yoo. Obinrin si le loyun nigbkugba ti o ba yoo. Eniti o nto omo lowo, to o tun n fomo loyan le loo.

Awon Anfaani ti o wa nibe

O n fun obinrin ni abo ojo pipe.

Awon ti o n loo ko nilo lati maa para ile iwosan ni gbogbo igba.

Tokotaya le mo si nipa re, nipa lilo si odo awon akosemose ifetosomo bibi ni ile iwosan ti o ni amin to gbogbo re papo (Get It Together): alawo sanmo, alawo esuru ati alawo olomi osan.

AKIYESI PATAKI

Eri eniti o nloo, ti o sise fun, ti o si ni itelorun.

EPISODE 17

Topic: Religious & traditional leaders support FP

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That many religious and traditional leaders support modern FP
- The Bible and Qur'an contain text that support FP

FEEL

- **Confident** that traditional and religious leaders support and use FP

DO

- Talk to your spouse and friends that religious leaders support family planning.

PURPOSE

- To demonstrate that religious and traditional leaders support and use FP

WHY IS THIS AN ISSUE?

There is a perception that religion does not approve of Family planning and that religious & traditional leaders do not support it. People's religious beliefs are important in shaping their actions so the knowledge that their religion approves of FP will influence their choice of its use.

CONTENT:

1. Islam and Christianity approve of FP. Many religious and traditional leaders support and use FP to space child birth.
2. **What religious texts say about FP:**
 - a. Q31vs14: *Allah instructs man to respect his mum and take care of her because she breastfed him for 2years*
 - b. Q46vs15: *Allah instructs man to take care of his mum because she conceived him, breastfed him and took care of him for 30months*
 - c. Qur'an Surah 2: 233 *"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"*
 - d. 1st Tim 5vs8: *"but if any provide not for his own, and especially of his own house, he hath denied the faith, and is worse than an unbeliever"*
 - e. Lk 14vs28-30: *"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."*
3. Prominent traditional leaders have also spoken publicly in support of FP:
 - a. The Emir of Zazzau stated "???"
 - b. 'Christianity supports childbirth spacing for the good health of the mother and child, which is not just their constitutional right but divine privilege. Birth spacing is the responsibility of the men as well as women. Men should be aware of the health benefits of birth spacing and the different methods available. They should support women to space pregnancies - Reverend Yunusa S. Nmadu CAN Secretary, Kaduna State Chapter, July 27, 2011.

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

c. "In Islam, if delivery (child birth) will endanger a woman, then definitely, there are verses relied upon to encourage her to have a child once or twice in her lifetime because Islam teaches to maintain life that is already in existence so she must be protected" Chief Imam, National Masjid (Mosque)

d.

4. Religious and traditional leaders can support family planning by:

- Speaking positively about FP in public and private conversations.
- Talking openly about their personal experience in using FP.

NOTE – Look at alternative or additional quotes that are applicable

SIMPLE DOABLE ACTION:

Confirm the Bible/ Qur'an quotes used in the drama episode.

LIVE CHAT TALKING POINTS

Islam and Christianity approve of FP so, a lot of religious and traditional leaders support FP by speaking publicly about its benefit and their personal experience in using it.

Many Bible verses support FP 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 FP 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."*

Religious and traditional leaders can support family planning by:

- Speaking positively about FP in public and private conversations.
- Talking openly about their personal experience in using FP.

YORUBA

Esin Islam ati ti onigbagbo f'owo si ifetosomobibi. Opo adari esin ati ibile ni o f'owo si ifetosomobibi nipa siso ni gbangba awon anfani ati awon iriri i won nigba ti won lo o

Awon ese e Bibeli f'owo si ifetosomobibi fun apere ni iwe Luku 14 (ori kerinla):28-30 (ese kejidinlogbon si ogbon) ti o so wipe "Nitori tani ninu nyin ti npete ati ko ile-eso, ti ki yio joko ki o siro iye owo re, bi on ni to ti yio fi pari re ? Ki o ma ba je pe nigbati o ba fi ipile ile sole tan, ti ko le pari i re mo, gbogbo awon ti o ri i a bere si ifi i se eleya, wipe, okunrin yi bere si ile iko, ko si le pari re"

Esin Islam paapa f'owo si ifetosomobibi bee si ni Qur'ani s'oro nipa a re ni ibi pupo. Surah 2 (keji): 2-33 (keji si iketalelogbon) ti o so wipe "....."

Awon adari ibile jakanjakan naa ti soro ni gbangba pe awon f'owo si ifetosomobibi. Emir ilu Zazzau so pe awon adari esin ati ti ibile le ran ifetosomobibi lowo nipa:

siso daada nipa ifetosomobibi ni awon oro won l'awujo ati ninu iyewu

Sisoro ni gbangba nipa iriri i won nipa lilo ifetosomobibi

EPISODE 18

Topic: How to discuss and negotiate with your wife for family planning

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- The benefits (for a man) of negotiating FP with his wife
- How to discuss FP with their wife

FEEL

- ***Men will feel Responsible and Positive*** about negotiating FP with his wife
- ***Men will feel Confident*** that family planning is an important conversation that he can have.

DO

- Initiate discussion on FP with wife

PURPOSE

- To highlight the benefits of a man negotiating FP with his wife
- To demonstrate how men can negotiate FP with their wife.

WHY IS THIS AN ISSUE?

Most men do not discuss FP with their spouse, believing that FP is a woman’s affair. While a good number of men do not desire large families, they are not taking the responsibility and leadership in making decisions on important issues like how the family intends to space pregnancies.

CONTENT:

A man stands to benefit a lot from negotiating FP with his wife. He will feel more responsible and secured in the act of taking care of the family. He will feel happy at discharging his duty as a protective husband and father.

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

1. Find out the facts about family planning methods from a trusted source of information –perhaps a radio program, brochure or from a service provider.
2. Start preparing grounds earlier in the day- help your wife with some house chores, return from work early with a gift and complement her.
3. Find a good time to have the discussion – when the other person is relaxed and happy like during a shopping outing, during a drive, after watching a favorite program or later at night before you go to sleep.
4. Share your dreams and aspirations for the family and that there is a way you both can achieve these goals
5. Share that family planning is the way a couple decides how many children to have, when to have the children and how to space them. Say that if a couple plans their family, they can have a family size that they could cater for and this would enable them to send their children to schools of their choice. It would also allow the spouses to have time for each other which would in turn improve the bond of love among them.
6. Share ideas on how your combined savings can give her a better life, like focusing on her career or business and set aside money for the future. He will be able to afford to take the family out from time to time just to enjoy life
7. Discuss, listen to each other and reach an agreement.
8. Act on your decision.

SIMPLE DOABLE ACTION:

Initiate FP discussion with spouse (wife)

LIVE CHAT TALKING POINTS

Family planning is the way a couple decides how many children to have, when to have the children and how to space them, saying that if a couple plans their family, they can have a family size that they could cater for; this would enable them to send their children to schools of their choice, and also allow the spouses to have time for each other. This would in turn improve the bond of love among them.

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

- Find a good time to have the discussion – when the other person is relaxed and happy like during a shopping outing, during a drive, after watching a favorite program or later at night before you go to sleep.
- Share that they can have a family size that they could cater for; this would enable them to send their children to schools of their choice, and also allow the 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.

YORUBA

Fifeto s’omo bibi je ona ti lokolaya yoo fi pinu lori iye omo ti won fe bi, nigaba ti won ba fee bi omo at iye odun ti won fe fi sile laarin awon omo naa.

Nipa sise eyi, won o le mo iye omo ti agabara won kaa lati to.

Ese ti okunrin ni lati tele lai baa iyawo re soro ni:

Se iwadi nipa awon iru Ifeto s’omo bibi ti o wa lati odoo ore, eto lori ero radio, iwe pelebe ati awon akosemose.

- Sise eto lati baa Aya eni soro. O le ran iyawo re lowo lati sise ile, ole tete de lati ibise tabi ra ebun to dara fun.
- Wa asiko to ye lati baa Iyawo re soro. O le gbe jade lati ran ebun fun, o le ba soro nigba tie yin mejeeji ba wa ninu oko ayokele yin tabi lori ibunsun.
- So fun wipe Fifeto somo bibi je ona ti oko ati aya file mo iye omoti won fe bi lati gbe igbe aye irorun.
- E ba arayin soro nipa eto isuna ki e le gbe igbe aye to daara.
- E maa gbo arayin ni agboye ti e baa n jiroro

E mu ipinu yin se.

EPISODE 19

Topic: Family Planning Service Providers are Friendly

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That FP providers are friendly and available
- What to expect when you go to a FP facility
- Where to locate friendly FP provider

FEEL:

- **Confident** that FP providers are friendly
- **Comfortable** discussing with providers

DO:

- **Find out** about where the nearest friendly provider is

PURPOSE

- **To encourage** the audience to seek information from friendly FP providers
- **To inform** the audience on where to locate and find friendly FP providers
- **To demonstrate** a friendly provider

WHY IS THIS AN ISSUE?

There is a general perception that health providers are unfriendly, impatient, too busy to provide counselling or answer questions and unable to keep patients' confidentiality. They are also perceived not to be available when clients need them. People do not know where they can find friendly FP providers.

CONTENT:

Many health providers in our areas have received special training to provide improved family planning services. They are waiting to serve you!

- FP providers are reliable because they are trained and know what they are doing.
- FP providers are caring, give a warm welcome, and pay attention to their clients.
- FP providers are patient and will take the time to answer your questions
- FP providers can be trusted to keep your information confidential (i.e they will not tell anyone)
- FP providers are available whenever the clients need them

Clients can speak openly and honestly to their provider and should be sure to ask any questions they may have. This is because the providers can only help if they fully understand your situation or circumstance and they will be able to help you find methods that are best suited for you

The family planning methods are free in Government hospitals although you may be expected to pay a little token for consumables e.g (cotton wool, syringe, spirit)

To find the friendly provider nearest to you, find the Get it Together logo, the three puzzle pieces of blue yellow and orange.

SIMPLE DOABLE ACTION:

Talk to someone about how friendly service providers are

LIVE CHAT TALKING POINTS **Suggest that a Health Provider trained by NURHI is invited as the guest for this program

- FP Service providers are friendly, reliable and know what they are doing.
- FP providers are available, respectful, caring, friendly and discreet (they won't share whatever you tell them).
- Couples can find out about FP by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

HAUSA:

A suma kwararen maikatar lafiya na NURHI zuwa gidan radio domin barda bayani**

- Ma'aitaciyar lafiya masu lumana ne, suna da kwazo, kwararu ne guma
- Ma'aitaciyar lafiya masu girmama mutane da kuma kulawa da duk marasa lafiya. (basu fada wa wadansu maganar da suka yi da marasa lafiya)
- Domin samun isheshan bayani, a saurare mu a gidan radio ko kuma a tuntubi ja'amin asibiti mai alamar "Get it Together" mai dauke da kalolin shudi, rawaya da ruwan lemu a jikin alamar

YORUBA

- Awon akosemose nipa ifeto somo bibi ode oni ni oyaya, ti won si se fo kan tan, beeni won mon oun ti won se
- Awon akosemose wa, won ni aponle beeni won se fi okan tan
- Toko taya le mo si nipa awon ilana ife to somo bibi igbalode, nipa li lo si odo awon akosemose ni eka ifeto somo bibi ni ile iwosan ti e o ti ri amin idanimo alawo sanmo, esuru ati olomi osan.

EPISODE 20

Topic: Family and In-laws support for FP

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That family and in-laws have an important role to play in supporting a couple’s goal to use FP
- The benefits of FP to their family members

FEEL

- **Family and inlaws will feel responsible** to support the couple within their families to use FP

DO

- Family and in-laws should let couples know that they support FP.
- Hold positive discussions with the couples about FP

PURPOSE

- To sensitize in-laws to know that they have an important role to play in encouraging couples to use FP.
- To motivate listeners on the need to support couples in their families to consider the use of FP

WHY IS THIS AN ISSUE?

Extended family members and in-laws in Nigeria often have high fertility desires for couples. Many couples are afraid that their in-laws are not in support of FP as such they do nothing about spacing pregnancies. It is therefore important for in-laws and family members to let them know their position and know they are in support of FP.

One factor that predicts the uptake and continuous use of FP by women is the social support that they receive. Women need to know that their in-laws and close family members are in support and approve of their use of FP in order for them to feel confident about the use.

CONTENT:

Children are a blessing to a family and a well-looked after family is the pride of the community, so it is normal for families to pray for good fertility for couples. However, without proper child spacing, mothers’ lives are at risk and families and in-laws often have to step in and take responsibility for children who have lost a mother from maternal causes.

Also, extended families and in-laws often bear the burden of looking after children of family members who cannot cope with the burdens of the current socioeconomic climate.

Ensuring the prosperity of the family and protecting the lives of mothers and children is the responsibility of every family member and in-law. Talking to loved ones about FP helps families and in-laws fulfil this responsibility.

When couples know that their family members and in-laws are in support of their use of FP they are more likely to use FP. As such:

- They also have peace and economic stability and ultimately, unity is fostered among and between family members and in-laws.
- The couple is healthier and lives a quality life.

Family members and in-laws can show support by simply letting the couple know they approve of FP and this would help in strengthening their resolve. This can be achieved by:

1. Starting a conversation around FP in their presence

2. Share some of the benefits of FP
3. Speak openly and positively about FP

SIMPLE DOABLE ACTION:

Discuss family planning openly and positively with an important family member

LIVE CHAT TALKING POINTS

When couples know that their important family members and in-laws are in support of their use of FP they are more likely to make a positive decision around usage of FP.

The couple that uses FP have peace and economic stability and ultimately, unity is fostered among and between family members and in-laws.

The couple is healthier and lives a quality life.

Family members and in-laws can show support by simply letting the couple know you approve of FP would help in strengthening their resolve. This can be achieved by:

1. Starting a conversation around FP in their presence
2. Share some of the benefits of FP
3. Speak openly and positively about FP

HAUSA

2. Sirikai da ‘yan uwa na taka mahimmin rawa wajen shawarwari da hukunce hukunce daya shafi ma’aurata. Ra’ayin su akan mahimmancin tazarar haihuwa kan iya jawo hankalin ma’aurata zuwa yin tazara tsakanin haihuwa. Sirikai da ‘yan uwa dangi daya ne masu zaman lafiya.
3. Ya cancanta a sanar da ‘yan uwa ma’aurata cewa, an iya yin tazara tsakinin haihuwa.
4. Zaton cewa sirikai basu yarda da tazarar haihuwa yakan sa ma’aurata su ki yin tazara tsakanin haihuwa. A dalilin haka, ya cancanta sirikai da ‘yan uwa su nuna amincewar su da yin tazarar haihuwa.

YORUBA

Nigba ti toko taya ba mo pe awon ebi, ara ati ana ti o se'yebiye si won f'owo si lilo ifetosomobibi, o se e se ki won se ipinnu ti o dara nipa lilo ifetosomobibi

Toko taya to n lo Ifetosomobibi ni ifokanbale ati eto isuna to ye kooro, bee si ni isokan yio wa laarin ebi ati awon ana won

Alaafia ati igbe aye ti o dangajiya wa fun toko taya

Awon ebi ati ana le fi ifowosi i won han nipa jije ki toko taya naa mo iha ti won ko si i. Eyi yio ran won lowo lati f'idi ajoro o won mule. A le ri eleyi

se nipa:

Bibere oro tabi ijiroro ti o jomo ifetosomobibi n'iwaju toko taya wonyi

So nipa awon anfani ti o wa ninu ifetosomobibi

So rere nipa ifetosomobibi ni gbangba.

EPISODE 21**Modern Family Planning (FP) Method: Implants**

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- What implants are
- Benefits of using implants
- The possible side effects and how to manage them

FEEL

- ***Confident*** to choose implant as a modern FP method
- ***Encouraged*** to talk about the benefits of Implants

DO

- Talk about the benefits of Implants with others
- Adopt implant as a family planning method

PURPOSE

- To provide ***correct information*** about implants
- To ***highlight*** the benefits of implants

WHY IS THIS AN ISSUE?

Implants are becoming a popular FP method that more women want to use. However, knowledge about them is still low overall.

There are the misconceptions and fears about side effects. The issue is that people do not have the correct information about what a normal side effect is. Data shows that women who are aware about side effects before it happens to them are less likely to discontinue use.

CONTENT:

In recent times, more women are choosing Implants because of its convenience and less visit to the health facilities. Implants are a preferred choice among women and a lot of satisfied users can attest to its effectiveness and return to fertility once the implant is removed.

Implants 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.

Benefits of implants

- Implants are safe for women
- Are convenient: do not require the user to do anything once they are inserted (put in)
- Does not interfere with sex
- Is long lasting – requires few trips to the clinic
- 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.

Just as there are changes in a woman's body when she is pregnant, similarly she may experience some temporary changes when she is using the Implant.

Some women may experience changes in menstrual patterns, changes in weight, dizziness or headache. Not all women experience these side effects but if they do occur, stay calm. Know that they are normal and temporary. They often resolve by themselves after a few months. Contact your health care provider if you have any question.

Couples can find out about the Implant by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

SIMPLE DOABLE ACTION:

- Consider implants as a FP method
- Go to the nearest facility for more information about implants

LIVE CHAT TALKING POINTS

Implants are small plastic rods which are inserted in a woman's arm and prevent pregnancy for up to 3 or 5 years, depending on the type of implant a woman chooses.

- Implants begin to work within 24 hours of insertion. They are put in the arm and you can return to fertility as soon as you remove the implant.

Implants are a preferred choice among women and a lot of satisfied users can attest to its effectiveness and immediate return to fertility once the implant is removed.

Benefits of implants

- Implants are safe for women
- Are convenient: do not require going back to the health facility once they are inserted
- Does not interfere with sex
- Is long lasting – requires few trips to the clinic

Couples can also find more information about Implant by visiting one of the friendly health care providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

Hausa:

Ashanan Fata wani dan kankanin tsinke ne wanda ake sawa a cikin fatar samar hannun mace, wanda ke akin a tsawon shakuru 3 zuwa 5, ya dang anta da zaben mace.

- Ashanan fatar na tana fara aiki ne cikin awa 24 da sata, mace zata iya samun juna biyu da zarar an cire shi
- Ana iya samun ashanan fata a asibitocin da ke kusa da ku

Ashanan fata zabi ne wanda mata suka fi so, wanda suka sa su sun tabbatar da ingancin shi kuma ana iya samun juna biyu da zarar an cire shi.

Muhinmuncin Ashanan Fata

- Ashanan fata yana da kyau ga macen da ta kai shekarun daukan juna biyu
- Ashanta fata na da sauƙin amfani: ba a bukatan komawa asibiti bayan an sa shi
- Ashanan fata bata hana saduwa
- Ashanan fata tana dadewa

Ma'aurata za su iya samun Karin bayani ta wurin ziyartan asibitoci da ke dauke da tambarin **"Get it Together"** mai dauke da tambarin shudi, ruwan kwoi da ruwan lemu.

YORUBA

Onisana

Onisana je eyiti won n gbin si apa, ti o si nise fun odun meta tabi marun, to da lori eyi ti obinrin ba lo.

Onisana tete n bere ise laarin ojo ti a se. O si rorun lati loyun ni kete ti a ba ti yo. Onisana wa ni ile iwosan ijoba to sun mo wa.

Onisana je ilana ti opolopo obinrin nife si, ti won si ni ni itelurun, ti won si le so nipa isee re ati yiyara loyun lehin yiyo re.

Awon anfaani Onisana

Onisana ko lewu lati lo fun awon obinrin.

O rorun, ko si nilo lati ma para ile iwosan ni gbogbo igba.

Ko lodi si ibalopo.

O je olojo pipe.

Ti tokotaya ba fe mo si, won le lo si odo awon akosemose ifetosomo bibi ni ile iwosan ti o ni amin to gbogbo re papo (Get It Together): alawo sanmo, alawo esuru ati alawo olomi osan.

EPISODE 22

FP and my career goals

MEASURABLE OBJECTIVES: After listening to this episode, the audience will:

KNOW:

- That FP can give them the time to pursue their education and profession
- That FP allows them make savings to use to pursue their dreams.

FEEL:

- ***Confident*** that FP can help them achieve their career goals.
- ***Happy*** that they have the opportunity to achieve their dreams if they use FP.

DO:

- Talk with your partner about how FP can help you as a couple achieve your goals and dreams.
- Find an FP method that suits your career and professional goals.

PURPOSE

- To motivate listeners to believe that their career goals are achievable with FP.
- To motivate listeners to use FP to help them achieve their career goals.

WHY IS THIS AN ISSUE?

Sometimes a couple may have educational or career dreams that they feel they may not be able to achieve because of the frequency of childbirths and the associated responsibilities. People don't know that it is possible to reconcile desire to have children, achieve their career and educational goals through family planning.

CONTENT:

- FP helps couples to space their children so that they have time, energy and resources to achieve their goals and dreams.
- Men and women using FP are able to pursue their educational goals whether by completing their education or furthering it.
- FP allows couples to recover themselves between births and make the savings they may need to start or expand a business.
- Using FP can also support a couple's professional development as they have time to undergo trainings and rise through the cadres to the peak of their career.
- FP equips couples to be better able to face economic changes and uncertainties that are common in today's world (for e.g. sudden price increases in school fees or food) in such a way that they can still achieve their goals and dreams.
- FP enables men and women to pursue their goals and therefore contributes to happiness and personal fulfilment.
- *"People wey sabi na dem wey dey plan well well."*

SIMPLE DOABLE ACTION:

- Talk with your partner about how FP can help you as a couple achieve your goals and dreams.

LIVE CHAT TALKING POINTS

- FP enables men and women to space their children so that they can pursue their goals. Therefore contributes to happiness and personal fulfilment.
- Men and women using FP are able to pursue their educational goals whether by completing their education or furthering it.
- FP allows couples to recover themselves between births and make the savings they may need to start or expand a business.
- FP equips couples to be better able to face economic changes and uncertainties that are common in today's world (for e.g. sudden price increases) in such a way that they can still achieve their goals and dreams.

LIVE CHAT TALKING POINTS (HAUSA)

- Tazaran haihuwa yana ba maaureta zarafin neman karuwa a yeneyin rayuwa, sanaa, da girma a wurin aiki. Bugu da kari sukan samu jin dadi da chikeken buri
- Tazaran haihuwa yakan ba maaureta daman karatu, zuwan makaranta ko chigaba da karatu har kammalawar.
- Tazaran haihuwa yakan ba maaureta daman dawon da lafiyan harda jikin su bayan haihuwa harda tanadin kudin fara ko bunkasa sanaa.
- Tazaran haihuwa yakan shiriyar maaureta domin chanji yeneyin rayuwa da ba shida tabbas nan gaba (Kaman Karin parashin ko kuda makaranta, abinchi na gaggawa).

LIVE CHAT TALKING POINTS (YORUBA)

- Ifeto somo bibi fi aye sile fun lokolaya lati fi aye sile laarin omo kan si ikeji leyi ti yio fun won laye lati je ki erongba won wa si imuse nipa tite siwaju ninu eko, okowo ati ise won.
- Yiyar ifeto somo bibi ode oni layo laarin oko ati iyawo fi aye gba ki won ni aje seku ti yio je ki won ni akojo.
- Ebi to ba yan ifeto somo bibi ode oni layo, ti ayipada bas a dede de ba oro aje e, ko ni wo won lorun tori won ti feto si ebi..."*won jaasi*"

EPISODE 23

Topic: Service Providers provide unbiased services

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That FP providers provide unbiased services

FEEL:

- ***Confident*** to that they will receive unbiased services of FP providers
- ***Comfortable*** discussing with FP providers

DO:

- **Visit** an FP provider for services

PURPOSE

- **To educate** the audience about what to expect from their FP providers
- **To motivate** the audience to seek the services of FP providers knowing that the services they'll get are fair and unbiased

WHY IS THIS AN ISSUE?

Many people believe that Service providers aren't going to help them use family planning if they have no children or have just one. They have heard from friends or other people who have been so discouraged. This doesn't encourage them to seek family planning services.

CONTENT:

FP providers provide quality counseling by listening patiently to clients, understanding their needs and providing information on all available options. This way, they are able to help the client choose a method that best suits them

FP providers are open-minded and respect clients' choices regardless of the clients' age or number of children they have. FP providers are expected to support the client from the first visit onwards and encourage them to return if need be.

FP providers know that all clients are unique and important therefore they put aside their own personal beliefs and bias and instead treat clients with respect and with complete care.

Clients appreciate and respect it when providers help them because they know that the provider is actually providing them the information that can help them achieve their family goals/dreams.

SIMPLE DOABLE ACTION:

Visit an FP provider today

LIVE CHAT TALKING POINTS

- FP providers are trained to provide quality counseling by listening patiently to clients, understanding their needs and providing information on all available options so that the clients can make informed choices.

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

- FP providers are open-minded and respect clients' choices regardless of the clients' age or number of children they have. FP providers are expected to support the client from the first visit onwards and encourage them to return if need be.
- Clients should know that trained FP providers do not allow their own personal values or judgement affect the services they provide because they know that all clients are unique and important.

HAUSA:

- Ma'aikatan tazarar haihuwa sun sami horaswa na ainihi domin barda shawara ga al'umai, sai sun sami gamsuwa ga damuwoyin kapun su baida shawarwari ga duncan hanyoyin tazarar haihuwa domin a samu wanda ya dace
- Ma'aikatan tazarar haihuwa sun sami horaswa na karban kowane mutum da daraja. Suna kuma barda dama ga kowa bubu duban ko masu arziki ne, ko yawan haihuwa da suke da shi, ko ardini, ko dangi. Suna barda dama ko kowa acikin natsuwa da martaba daga ranan farko zuwa gaba domin su sami karfafawa su dawo

Akwai kiu a gane cewa, ma'aikatan tazarar haihuwa basu sa ra'ayin su gaba a wurin barda shawara. Basu yanka hukunci, sai dai su tamaka wa al'uma su sami hanyarda da dace da su

YORUBA

Awon akosemose ti o wa ni Ile iwosan ti ko nipa bi a se ma teti si awon oni bara won, won moo un ti won fe ati oun ti won nilo. Beeni won yio so orisirisi ilana ti o wa fun won, ki won ba le yan eyi ti o ba won lara mu

Awon akosemose oni mo nipa ifeto somo bibi ti ni idanileko lori bi a se le gbo oun ti awon oni bara ba ni lokan , lai ta oun ti oni bara ba fe danu. Ojuse awon akosemose oni mo ifeto somo bibi ni lati to awon oni bara won si ona, ati lati ti won leyin pe ki won pada wa ti won ba ni idojuko tabi oun miran.

Awon ti o ba fe se ifeto somo bibi ni lati mo wipe akose mose lori eto ifeto somo bibi, o gbodo jeki oun ti won Gbagbo ko bori ise ti o ye ki won se, to ri won mope oun ti o ba onikuluku lara mu yato

EPISODE 24

How men can support their spouse on modern family planning (including if she has side effect)

MEASURABLE OBJECTIVES: After listening to this episode, the audience will:

KNOW:

- The roles that men play in supporting their partners in modern FP use
- That modern Family planning is safe
- How to support their spouse when she is experiencing any of the side effects

FEEL:

- **Safe** in supporting their partner in using FP
- **Proud** to fulfill their roles in supporting FP

DO:

- **Tell** others that using a FP method improves love between couples and improves sexual relationship
- **Be** more supportive of their spouse to use FP

PURPOSE

- **To educate** listeners about their roles concerning FP; to Know, Talk and Go for FP
- **To encourage** men to support FP and speak about FP with their partners
- **To demonstrate** a man supporting his partner to use FP.

WHY IS THIS AN ISSUE?

Some men feel that modern FP is women's affair. Many of them may not know how useful their support is to issues of FP. Even if they want to space their children, many are nervous to talk about modern family planning methods because they are unsure of what their partners' reaction will be. Some men do not want to be seen as one controlled by his partner (woman wrapper).

So if the men understand that side effects are temporary they will be able to support their wives better even when they experience the side effects when using modern FP method

CONTENT:

What are men's responsibilities?

- To know the facts about modern FP and that they are safe and effective
- To support his partner to get a modern FP method by providing transportation when she needs to go to the facility, giving approval, reminding her when she is due to maintain her method
- To support his partner even if she is experiencing any of the side effects of the modern FP by giving emotional support, helping her keep calm and reassured, help with chores, and if it really bothers her, take her to the health facility.

Men should support FP because it will help them achieve their dreams such as providing well for his family, promotion at work because he is focused, and live a healthier longer life (because he is less stressed)

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

Men can find out about FP by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

Note to writers: Some adjectives used to describe men that supported FP from the qualitative research were “exposed”, “reasonable”, “focused”, “calm” and “cooperative”.

SIMPLE DOABLE ACTION:

- If you are a man that is already supporting your spouse on FP usage, encourage other men to support their spouses to use FP
- If you are not yet supporting your spouse – start supporting your spouse to use FP method
- Support your partner to choose the right family planning method,

LIVE CHAT TALKING POINTS

What are men’s responsibilities?

- To know the facts about FP and that they are safe and effective
- To talk with their partners about their family e.g. how many children they want to have that they can cater for, do they want to space their children etc.
- To discuss family planning with his partner or be open if she raises the issue of FP.
- To support his partner to use a FP method.

Men should support FP because it will help them achieve their dreams such as providing well for his family, promotion at work because he is focused, and live a healthier longer life

Couples can find out more about FP by visiting one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

YORUBA

Kini ojuse awon Okunrin?

Lati mo ododo nipa ifetosomobibi pe ko l'ewu ninu, o si n sise daadaa

Lati soro pelu ololufe e won nipa ebi i won, fun apere, iye Omo ti won fe bi ti won si le toju daadaa, se won fe lati fi alaafo sile laarin omo kan s'ikeji, ati bee bee lo

Lati ba ololufe e won jiroro tabi ki won na tan ti o ololufe won ba da oro ifetosomobibi sile

Lati ti se alatileyin fun ololufe e re lati lo ifetosomobibi

Awon okunrin gbodo f'owo si ifetosomobibi nitoripe yio ran won lowo lati le

mu erongba won se fun apere, gbigbo gbogbo bukata ebi, igbega l'enu ise nitori afojusun un re, ati gbigbe igbe aye alaaafia t'oun t'emi gigun.

Awon toko taya le se iwadi si i nipa ilana ifetosomobibi igbalode yi i lodo awon akosemose to loyaya ni awon ile iwosan ti won ba ti ri ami awo sanmo, awo esuru ati olomi osan ti a to gbogbo re papo.

EPISODE 25

Topic: Satisfied Users: FP users need to discuss with friends and peers

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- The importance discussing FP with their friends and peers
- The benefits of FP to her friends and peers

FEEL

- ***Motivated*** to broach the subject of FP with their friends and peers
- ***Confident*** that they can discuss FP with their friends and peers.

DO

- Discuss FP with at least one friend or peer
- Talk freely about their personal use of FP with friends and peers
- Support friends who intend to and/ or are using FP.

PURPOSE

- To inform FP users on the importance of discussing FP with friends and peers
- To demonstrate the benefit of FP users discussing FP with friends and peers

WHY IS THIS AN ISSUE?

Evidence showed that it is important for non-users of FP to know that other people are using FP, but FP users are not talking about their FP use.

A lot of FP users are not confident to disclose and discuss their experience of using a method with their friends and peers. Most women believe that family planning use is a personal affair. It is generally believed that society is not in support of family planning use therefore users are not aware that they are not alone.

Studies have shown that women who feel that other women like them are using FP are more likely to use/ continue to use a method.

CONTENT:

Friends/ Community members have great influence over a young couple when they approve or disapprove of actions a young couple takes as well as by the kind of information they share and the attitudes they show towards the young couple.

How can friends/ community play a positive role?

- They can tell the young couple that family planning is safe and effective based on their own experiences.
- They can ask a young couple what their plans are for their family size or children’s education
- Friends can talk to the young woman or young man about family size discussion, how to talk to their partners about issues important to them
- Friends/ Community can direct a couple to access correct FP information or services.
- If a young couple is using FP the friends/ community can be positive about it

Why would friends/community support the couple?

- When friends or community support a young couple in family matters, then the community can feel satisfaction or pride of having helped someone.
- When a friend/community member helps a young couple, that young couple may also help them back some day.

For more information, visit one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

NOTE: Checkout episode 6 for more benefits to the adviser/loyal friend

SIMPLE DOABLE ACTION:

Talk to a friend or peer about FP.

LIVE CHAT TALKING POINTS

Friends/ Community members have great influence over a young couple when they approve or disapprove of actions a young couple takes as well as by the kind of information they share and the attitudes they show towards the young couple.

How can friends/ community play a positive role?

- They can tell the young couple that family planning is safe and effective based on their own experiences.
- They can ask a young couple what their plans are for their family size or children's education
- Friends can talk to the young woman or young man about family size discussion, how to talk to their partners about issues important to them
- Friends/ Community can direct a couple to access correct FP information or services.
- If a young couple is using FP the friends/ community can be positive about it

HAUSA

Ya kyautu, masu tazarar haihuwa su sanar da abokanen arziki da sa'annensu kwanciyar hankalin dake tattare da amfani da tazara tsakanin haihuwa domin akasarin jama'a basu san haka ba, kuma gashi mata kan girmama ra'ayin 'yan uwansu mata.

Sanin cewa kawaye na amfani da tazarar haihuwa yakan kara nuna cewa da yawan mata na amfani da shi. Tattauna amfanin tazarar haihuwa da kawaye yana da mahimmanci domin tazarar haihuwa yakan bawa mata hutu tsakanin haihuwa, ya bawa mace damar maida lafiyar jikinta

YORUBA

O se Pataki ki eni ti o n lo ifeto s'omo bibi so nipa iru eya ti won n lo pelu ore ati elegbe won, nitori awon eyan miran ko mo ati wipe awon obirin ma ngbe ero ore ati elegbe won ga.

Mi mon pe ore eyan n lo Ifeto s'omo bibi maa n je ki obirin mon pe awon obirin pupo n lo ifeto s'omo bibi. Nitori awon obirin maa nse ipinnu won lori iwa, igbagbo ati ipo ti awon ore ati elegbe won di mu; bi awon obirin baa se n so nipa bi won se n lo Ifeto s'omo bibi beeni awon ara won ni agbegbe yio se gba.

Biba awon ore ati elegbe soro nipa Ifeto s'omo bibi se Pataki nitori o maa n ran obirin lowo lati pad abo si ipo leyin omo bibi, lati s'eto lori ise tabi oko owo won.

Nigbati eni ti o n lo Ifeto s'omo bibi ba nba ore ati elegbe soro, yio je ki awon obirin yoku mo wipe Ifeto s'omo bibi dara fun awon ati m'olebi pelu awujo won. Maa so nipa re nigbakugba ti o ba ni aanfani.

EPISODE: 26

Satisfied Users: How Men can support each other in using family planning

MEASURABLE OBJECTIVES: After listening to this episode, men will:

KNOW:

- That other men are using modern FP method
- How to support each other in using modern FP

FEEL:

- ***Empowered*** to support other men to use family planning
- ***Confident*** that talking about modern FP with friends will make them look smart

DO:

- Support other men to use modern FP
- Talk to other men about the importance of modern FP

PURPOSE

- To provide information about the importance of modern FP
- To empower men to plan the future of their family
- To encourage men to support each other in using FP

WHY IS THIS AN ISSUE?

Men don't talk to their friends about family planning because they see raising the issue of modern Family Planning as 'women's affair'. He is the decision maker. He believes that there are more important things to talk about. Some men want to be perceived as successful which is equated with having many children in some rural areas. He doesn't want to be seen by other men as a man who is controlled by his woman (if he talks about FP or starts doing 'womanly' things.). This does not encourage men to openly discuss their own FP use. Men can be very influenced by the approval or disapproval of each other's actions, the kind of information they share as well as the attitudes they show towards an issue such as FP.

CONTENT:

A good friend should never be shy to share information that will help his peers. When a man shares helpful information with his peers, he will be seen as someone who is smart, responsible and a role model. Also, when men support each other in family matters, it brings unity among them and stability in their families

How can men support each other to use family planning.

- Men can share with their friends that the responsibility of family planning rests with both the man and the woman as it has an impact on the entire family.
- Men can share that family planning methods are safe and effective
- Men can ask each other what their plans are for their family size or children's education
- Men can tell their friends to talk to their wives about FP

He can mention the following benefits enjoyed by men who use modern family planning

- He will feel less money stress;
- He will 'stay young', because he is less stressed, he will have a healthy life (not age prematurely)
- He will have more time for the family and more influence on his children

- FP reduces bedroom quarrels between couple. They can enjoy a more relaxed sexual relationship.

For more information, visit one of the friendly health providers at Health facilities with the Get it Together Blue, Yellow and Orange puzzle pieces.

SIMPLE DOABLE ACTION:

- Talk with other men about the importance of modern FP

LIVE CHAT TALKING POINTS

How can men support each other to use modern family planning

- He can know the FACTS about family planning
- Men can share with their friends that the responsibility of family planning rests with both the man and the woman as it has an impact on the entire family.
- Men can share that family planning methods are safe and effective
- Men can ask each other what their plans are for their family size or children's education
- Men can tell their friends to talk to their wives about FP

When a man shares this information with his peers, he will be seen as someone who is smart, responsible and a role model. Also, when men support each other in family matters, it brings unity among them and stability in their families.

For more information, visit one of the friendly health providers at Health facilities where you see the Get it Together Blue, Yellow and Orange puzzle pieces.

YORUBA

Ba wo ni awon Okunrin se le jo fowosowopo lo ifetosomobibi igbalode?

O le mo awon ododo nipa Ifetosomobibi

Awon okunrin le so fun awon ore e won wipe oun ti toko taya gbodo jo se ni ifetosomobibi nitori o ni ipa rere tire lori ebi

Awon okunrin le so pe awon ilana ifetosomobibi n sise ko si l'ewu ninu

Awon Okunrin le ba ara won soro nipa eto ti won nipa iye omo ti won fe ni, tabi eko awon omo

Awon okunrin le ba so fun awon ore e won wipe ki won ba awon aya a won soro ifetosomobibi

Ti okunrin ba ba awon elegbe e re s'oro wonyi i, won o ri ibi ologbon, ti o mo oun ti oun se, ati eni ti ipase re se e tele. Bee si ni, ti awon okunrin ba ti ara won leyin ninu oun ti o je mo ti ebi, yio mu isokan ati idurosinsin wa ninu ebi i won.

Fun alaye siwaju si, lo sodo awon akosemose to loyaya ni awon ile iwosan ti o ba ti ri ami awo sanmo, awo esuru ati olomi osan ti a to gbogbo re papo.

EPISODE 27

Topic: Continuing family planning use. There is a method for everyone and it is possible to switch

MEASURABLE OBJECTIVES: After listening to the episode, the audience will:

KNOW

- That there is more than one FP method available to suit different needs
- That it is possible and easy to switch from one method to another

FEEL

- ***Confident*** and assured that FP is for everyone that wants it
- ***Confident*** about continuing FP use

DO

- Continue family planning method use

PURPOSE

- To educate listeners about the different FP methods available to suit different needs and lifestyles
- To motivate audience to find a method that suits them
- To educate the audience on the possibility of switching from one modern FP method to another if there are concerns

WHY IS THIS AN ISSUE? Not everyone understands that modern FP presents many options. Those that eventually make a choice and experience some temporary discomfort tend to discontinue use. They do not know that with the support of the service providers, it is possible to switch methods to get the one that better suits them

CONTENT:

Staying with modern FP is important whether you stay with your current method or you switch to another one. It will help you achieve your goals and aspirations, give you peace of mind, help you get pregnant only when you want and help you maintain your beauty.

There are many FP methods available, which are: injectables, pills, IUD, Implants, condoms, tubal ligation, vasectomy.

Some people may have concerns or may no longer be happy about their current FP method. The reasons for this may be because they or their partner experience some temporary discomfort with the method. The priorities in their lives may be different and their current method may no longer be suitable or they may prefer to have a longer acting method which requires fewer visits to the facilities. It is important to know that no matter your reason or circumstance, there is always another method that will better suit you and your present situation.

SIMPLE DOABLE ACTION:

- Find out about the different FP methods available

LIVE CHAT TALKING POINTS

People may experience discomfort or have concerns about their current FP method. The priorities in their lives may be different and their current method may no longer be suitable or they may prefer to have a longer acting method which requires less visits to the facilities. This however, should not discourage them from FP use completely. If you have concerns,

- Don't be discouraged with modern FP
- Feel free to discuss with your service provider.
- Be assured that there is a method that suits you

HAUSA:

Mutane suna iya fuskantar masololi ko damuwa game da hanyoyin tazaran haiwuwa na zamani. Ama bai kamata wanan ya hanasu anfani da su ba. In akwai matsala:

- Kada ku karaya
- Ku tattauna da ma aikaciyar lafiya
- Kwantar da hankalin ku, akwai hanyoyin da zasu dace da ku

YORUBA

Oseese ki ilana ifetosomobibi ti awon eyan Kankan lo maa yo won lenu tabi ki o fa inira pepeepe.

E ma je ki eleyi o fa irewesi. E to awon akosemose nipa ifetosomobibi lo.

Aye wa fun eni to ba fe yi eyi to nlo pada si omiran boya nitori ati ma ma para ile iwosan.

Mo daju wipe ilana to ba o laramu wa.

EPISODE 28

Time Spent in Getting Modern Family Planning Is Worth It

MEASURABLE OBJECTIVES: After listening to this episode, the audience will:

KNOW:

- FP is worth their time and saves time in the long run

FEEL:

- ***Assured*** that the time spent in getting FP is worth it

DO:

- Talk to others about how family planning is worth the time spent

PURPOSE

- To motivate listeners that taking the extra step of family planning leads to a better future.

WHY IS THIS AN ISSUE?

People often feel that the time it takes to see a health provider at a clinic or hospital is too long and so they tend to have poor health-seeking behavior. People are concerned that getting FP is a long-drawn out process that involves many health checks and tests that will waste their time. Therefore, they avoid seeking FP services because they think it will take too much effort.

CONTENT:

Time and effort spent getting FP is worth it

- The process of getting FP is simple and the time spent getting it is worth the peace of mind it brings because:
 - It saves time and effort in the long run (it is easier to prevent pregnancy till you're ready than to deal with an unexpected pregnancy)
 - It helps women achieve a healthy, youthful, and beautiful look.
 - You will have fewer conflicts with your partner about sexual intimacy.
- Busy men and women everywhere are satisfied users of FP, and planning their families has actually helped them in enhancing their business and lives.
- (Proverb about how it takes less time to go for FP services than to deal with an unexpected pregnancy)

SIMPLE DOABLE ACTION:

- Seek out the most convenient facility to you where you can get FP services.

LIVE CHAT TALKING POINTS

- The procedure of getting FP is simple and the time spent getting it is worth the peace of mind it brings.
- (Proverb about how it takes less time to go for FP services than to deal with an unexpected pregnancy)
- Busy men and women everywhere are satisfied users of FP, and planning their families has actually helped them in enhancing their business and lives.

LIVE CHAT TALKING POINTS (HAUSA)

- In kaje asbitin don tazarar haihuwa maakachi zasu karbe ki da kekkawan hali da girmamawa.
- Hanyoyin samun tazarar haihuwa babu wuya kuma kwaliya kan biya kudin sabulu
- *“Kula da kayan ka yafi chigiya nan gaba.”* Ayin tazarar haihuwa a asibiti kwaliya kan biya kudin sabulu.

- Maza de mata masu sanaa sun amanche de amfani da dabarun tazaran haihuwa kuma baya shafe yeneyin rayuwan su.

LIVE CHAT TALKING POINTS (YORUBA)

- Igbakugba te ba de ile iwosan lati lo se ifeto somo bibi e o baa won akosemose onimo nipa ifeto somo bibi ti won ni oyaya ati aponle
- Ifeto somo bibi ode oni o rorun lati se, o si fini lokan bale.
- *“Eni ti yio je eyin inu apata ko ni woe nu ake.”* Nitorina asiko ti a ba lo lati lo se ifeto somo bibi yio so eso rere.
- Pupo ninu awon okunrin ati obirin ti won n lo liana ifeto somo bibi ode oni ni won ngbe igbe alafiya tio osi di ise tabi okowo won lowo.

15. GLOSSARY

Hausa words and phrases

Achaba	Commercial motorbike transport (currently banned in Kaduna)
Awara	
Buka	Open air restaurants or street food shops
Dawake	
Magguzawa	Traditional religion adherents
Mairuwa	Water men (water seller)
Mallam	A learned Islamic scholar/ common title for a Hausa man in urban centers
Massa	Pancakes made of rice/maize flour and yoghurt
Mai angwa/Masuangwa	Village head(s)
Purdah	The custom of secluding women in-doors
Suya	Barbecued skewers of meat sold on the streets
Zaure	Open lounge area for receiving male visitors

Yoruba words and phrases

Alfa	Muslim Cleric? Or Mystic?
Amala	Dry yam or cassava flour cooked into a thick mush to be eaten with soup or stew.
Babalawo	Juju man
Baale	District or Village head/King
Buka	A local restaurant or partly open eatery
Boli	A popular street snack, roasted plantain
Emu	Palm wine
Iyan	Pounded yam
Shango	Yoruba god of thunder
Ogogoro	Strong local gin brewed from palmwine or sugarcane etc.
Ogun	Yoruba god of iron and patron of those who work with metal, butchers etc.
Olubadan	The king of the Ibadan people
Oriki	Personal Praise poem
Owambe	Yoruba outdoor party or social gathering with feasting, and dancing to a live band to celebrate burials, memorials, weddings, birthdays, naming ceremonies , house warming etc.

Glossary for FP/RH

Abortion	-	Zubar da ciki
Abstinence	-	Kauracewa saduwa
Ante-natal care (ANC)	-	Awun chiki
Anxiety	-	Fargaba
Avert	-	Hana
Bilateral tubal ligation	-	Juyin mahaifa
Birth spacing	-	Hutun haihuwa

NURHI 2 Family Planning-RADIO DESIGN DOCUMENT

Bleeding	-	Zubar da jini
Community linkage	-	Tausayawar al'umma
Conception	-	Daukar ciki
Condom (Female)	-	Robar kariya ta mata
Condom (Male)	-	Robar kariya ta maza
Confidential	-	Cikin sirri
Contraception	-	Hutun haihuwa
Counseling	-	Tattaunawa
Depression	-	Matukar damuwa
Diaphragm	-	Rodar kofar mahaifa
Empathetic	-	Tausayawa
Empowered	-	Ilimantarwa
Evacuation of uterus	-	Wankin ciki
Fertility	-	Damar daukar ciki
Guilt	-	Kunci
Health care provider	-	Ma'aikacin lafiya
Health facility	-	Asibiti
Infertility	-	Rashin haihuwa
Informed decision	-	Daukar matakin dalya dace
Injectible	-	Allurar hutun haihuwa
Intra-Uterine Contraceptive Device	-	Robar cikin mahaifa
Judgmental	-	Yanke hukunci
Maternal Morbidity	-	Rashin lafiyar mata
Maternal Mortality	-	Matuwar mata lokacin ciki ko haihuwa
Miscarriage	-	Bari
Modern contraceptive methods	-	Hanyoyin hutun haihuwa na zamani
Norplant	-	Ashanar hannu
Peer pressure	-	Matsawar abokai
Pills	-	Kwayoyin hutun haihuwa
Planned pregnancy	-	Tsarak lokacin samun ciki
Post miscarriage	-	Bayan bari
Primary Health Services	-	Ayyukan lafiya a matakin farko
Promiscuity	-	Neman mata
Quality care	-	Kyakkawar kulawa
Requisite	-	Wande ya dace
Routinely	-	Akai - akai
Self-consciousness	-	Fahimtar kai
Sexual behavior	-	Haleyyar kan saduwa
Sexuality	-	Saduwa
Spermicide	-	
Treatment options	-	Zabin magani
Unwanted pregnancy	-	Cikin da ba'a shirya ba
Uterus	-	Mahaifa
Vasectomy	-	Fidar maza (haihuwa)

