

Addressing Rumours and Misconceptions



- In general, rumours arise when;
 - An issue or information is important to people, but it has not been clearly explained.
 - There is nobody available who can clarify or rectify the incorrect information.
 - The source of the rumor is perceived to be credible.
 - People are motivated to spread them for political reasons.
 - Ignorance and illiteracy
- Identify the common FP myths and misconceptions in your area e.g.



Methods for Counteracting Rumours and Misconceptions

- When a client mentions a rumour, always listen politely. Do not ridicule her/ him.
- Define what a rumour or misconception is.
- Find out where the rumour came from and talk with the people who started it or repeated it. Check whether there is some basis for the rumour.
- Explain the facts. Repeat as necessary
- Use strong scientific facts about FP methods to counteract misinformation.
- Always tell the truth. Never try to hide side effects or problems that might occur with various methods.



Methods for Counteracting Myths and Misconceptions

- Clarify information with the use of demonstrations and visual aids
- Give examples of people who are satisfied users of the method (only if they are willing to have their names used). This kind of personal testimonial is most convincing.
- Reassure the client by examining and informing her/him about the findings.
- Counsel the client about all available FP methods.



- Trainer Reference :

FP Myths and Counselling Messages Handout

