



NIGERIAN URBAN REPRODUCTIVE  
HEALTH INITIATIVE

***RADIO DRAMA DISCUSSION GUIDE***

**“Second Chance”**  
**(For NURHI FCT Field Office)**

December 2011

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## **Introduction**

The ‘Second Chance’ 26-episode Radio Magazine Program is an entertainment-education program that provides young people with Family Planning Benefits and Information and links them to quality health and counseling services. Radio discussion activities are part of The Nigeria Urban Reproductive Health Initiative (NURHI), a five-year project (2009-2014) to reduce barriers to child spacing use in the six Nigerian cities of Abuja, Benin, Ibadan, Ilorin, Kaduna and Zaria. Your efforts can contribute to the promotion of increasing knowledge, self-efficacy and skills for young people to achieve their reproductive intentions. Another important part of the program is to help link individuals with quality services from helpful providers. NURHI is working with a network of trained providers called the Family Planning Provider Network (FPPN), comprised of public and private facilities and private medical vendors. You will be provided with a list of FPPN members near your area for referring people who want more information or services.

The “*Second Chance*” magazine format combines host's entertainment, music, drama, an expert question and answer session. A radio personality and a family planning expert host the live phone-in segment.

## **Purpose Of The Discussion Guide**

This discussion guide is designed to help you, the facilitator, lead a discussion on the radio magazine with a group of young people, or even adults to discuss issues raised in the Magazine and what people can do about them in their own lives. This guide can help you plan a successful educational workshop for the time you have and the participants you expect. A good facilitator helps a group explore ideas and come to conclusions but does not tell the group what these conclusions are.

To run a successful discussion it is recommended that you read this guide prior to meeting the group. This will help you become familiar with the topic and questions you can ask to start the discussion. It will assist you to feel prepared, and to become comfortable and well able to facilitate a discussion where all the participants will be free to talk and express their opinion. This will also give you enough time to consult a local expert on the subject if you have any questions you would like them to discuss with you.

## **Overall Purposes Of The Series:**

The general purpose of the series is to encourage more people, particularly female married youth with the support of their spouses, in-laws, parents, friends and guardians to access various health services available in health facilities in their localities based on a better understanding of:

- The importance of positive spousal communication.
- The importance and value of seeking correct health information from trained people like the FPPN.
- The need for parents, in-laws, relatives and friends to encourage spouses to seek health care information and services in health facilities.
- Acceptance of child spacing as a normal way of life
- The need for men to support their wives.
- The importance of adequate spacing of births to the mother, children and family as a whole.
- The safety and benefits of adequately spaced births to the health of the mother and children.

## **Setting Up A “Second Chance ’ Discussion Group**

The following steps can be very useful in establishing and maintaining a discussion group:

- ✓ Find and establish a regular convenient place to hold your discussion group each week. It could be a market place, school, town hall or any other suitable venue where 10 – 15 people can gather regularly, listen and talk together.
- ✓ Decide on a convenient time that best suits your group.
- ✓ As far as possible, select members of your group who are young (under 30) as they will benefit most from this activity.
- ✓ Be sure to select participants who can commit to attend a weekly group meeting and who enjoy talking about health issues.
- ✓ Know your group so that the questions you ask are of interest to them.

## **Helpful Facilitation Tips**

These suggestions can help ensure your discussion group is informative and productive:

- ✓ The group is not required to have the same facilitator at every session; you may decide to rotate facilitation responsibilities for the discussion among the participants. See what works for your group – a rotating facilitator allows more people to participate in a leadership role, but may require a little more preparation time for each person to feel ready to guide the group.
- ✓ Ensure that everyone has the opportunity to be heard and that no one person dominates the discussion. Encourage people to keep their comments brief and to the point. Be clear about how people should indicate when they want to speak. Equalize participation by asking for input from specific people in addition to waiting for responses.
- ✓ Engage those who are reluctant to speak but do not force anyone to contribute.
- ✓ Pay close attention to the person speaking and encourage others to do likewise. Avoid side conversations so that everyone can hear the person talking.

## NURHI Radio Program Discussion Guide

- ✓ Point out when the group reaches a consensus – this is when several people agree on an issue.
- ✓ If a participant asks for assistance, be supportive and offer to help him/her to find appropriate services. Equally, if a particular topic or program generates a lot of discussion within your group, contact a local clinic or youth serving organization to see if someone with more expertise could come and talk to your group on the matter.

### Opening A Session

- ✓ Greet everyone, thank them for coming and have the participants introduce themselves. Tell them that you expect the session to last one hour (this may vary – see what works best for your group. But at least one hour is suggested since the program itself will take up about half of that time).
- ✓ Explain that the purpose of the discussion is to give everyone a chance to think about and discuss the session's topic, and to raise questions and ideas of their own. If it is the group's first meeting, introduce the drama's theme and characters. Do not reveal the entire story to the group in advance.

### Facilitator's Notes:

#### Major Characters

- Mimi- Main character girl from Makurdi, 23
- Adesuwa- Enterprising hair dresser from Edo, 28
- Osato- Construction worker, HND (Civil Engineering), 28
- Chizoba (Chi-chi) - Mimi's mentor and Bassey's Abuja wife
- Chuks – Chizoba's estranged husband of 10 years
- Bassey- (good couple communication)
- Dorothy (Dora)- a Gbagyi, Chizoba's neighbour and Kunle's wife
- Kunle- a Yoruba from Ilorin and Dora's husband
- Yamitolon – Dora's sister, a single parent and school drop-out
- Najibullah (Najib) - Osato's boss and friend
- Mairo- Najib's girlfriend and later wife, an undergrad.
- Suraiya (Shura) – Najib's sister, Mairo's classmate at the Uni.
- Jamila – Mairo's friend and Najib's ex-girlfriend
- Baaba – J and N's Nanny/House-keeper, Mairo's Mom

## **After The Program**

- ✓ Turn the radio or CD player off.
- ✓ Invite participants to open the discussion by commenting on any part of the program that interested them. Bring the group back to the key messages if the discussion goes off course.
- ✓ Use the discussion questions to initiate dialogue if participants are a bit shy.
- ✓ The “Talking Point” is statement that is meant to generate more in-depth conversation around the session’s subject matter. There is not necessarily a right or wrong answer or reaction to the statement, but it is meant to encourage your group to think more and talk more about the day’s topic as it applies to you and your area specifically.

## **Closing A Session**

- ✓ At the end of the discussion, wrap up by summarizing the main messages of the show.
- ✓ Remind the participants of the date and time for next meeting.
- ✓ Thank participants for coming, listening attentively, and being willing to share their views.
- ✓ If requested, refer participants for more information or assistance.
- ✓ Make notes of the most interesting comments and questions – please include any suggestions as to how the program and/or discussion guide can be improved and what other topics interest your group.
- ✓ Take note of the attendance for the day.

## Episode 1

### Introduction

#### After the program:

Explain that the new “*Second Chance*” radio program is on positive spousal communication and health seeking behavior that will lead to accessing health services and that the program will be dealing with this topic for the next 26 sessions.

#### Facilitator’s talking points:

Radio programs like second chance can help women and men in FCT communities to think through the critical and important matter of bringing up children in a changing world where education, housing and feeding can be a huge task that needs thorough planning.

#### Discussion Questions:

1. Which characters caught your attention/ fancy in today’s episode?

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2. What questions do you have for the live call- in show?

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#### Reminder:

“It is important for Nigerians to **know** about and **talk** about Family Planning because it is the root of ensuring that future Nigerian children are well taken care of and well brought up”

Post your comments on the FCT face book fan page @ **Get It Together FCT**

#### Today’s Meeting:

How many people were there for today’s meeting?

Males \_\_\_\_\_

Females \_\_\_\_\_

Total \_\_\_\_\_

## EPISODE 2

### Spousal communication strengthens a relationship

#### After the program:

Explain that it is important for couples to talk to each other about everything because it helps strengthen the love and trust between them.

#### Facilitator’s Talking points:

Open communication means talking honestly and freely about everything having to do with a couple, 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, religion, etc. A couple that makes decisions about these issues together will have a stronger relationship.

#### Discussion Questions

1. What issues are easier to discuss and which are harder between couples?

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2. How is the way Bassey and Chizoba communicate beneficial to their relationship?

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#### Reminder:

“Communication helps to understand what the other person is thinking or their desires – and when these are better understood there will be increased love and trust. Two can do more than one. If a couple is **united** in their ambitions for their family and children, they can **achieve more**”

Find out more about Family Planning by visiting the FCT Face book fan page @ **Get It Together FCT**.

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—



### Episode 3

## What Is Family Planning?

#### After the program:

Explain to the group that FP is a way of life; it is a decision taken by an individual, couple, or a group of people as to when to have children by choice and not by chance 'healthy fertility'

#### Facilitator's Talking points:

Family Planning is a way of life that promotes quality life for the entire family and is practiced by respected and responsible people. Family Planning is not limited to spacing children but also includes helping couples that may be having infertility problems to have children.

#### Discussion Questions:

1. Is Family Planning a topic that is discussed freely? Why?

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2. How can discussion on Family Planning be made easy?

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#### Reminder:

"Family Planning is an **affordable**, **safe** and **effective** way to have the children when you want them. Family Planning is not different from any of the many essential decisions people make 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, or family budget".

Visit the FCT Face book fan page @ **Get It Together FT** to post your comments.

#### Today's meeting:

How many people were there for today's meeting?

Males—

Females—

Total—

## Episode 4

### Benefits of Family Planning in General

#### After the program:

Explain that because Family Planning is not popular like football; people often do not talk about it because they do not know its benefits and have not tried using it.

#### Facilitator’s Talking Points:

Many people do not talk about Family Planning, therefore many people may not link using a Family Planning method with being able to achieve their aspirations. Family Planning can improve a couple’s quality of life and there are many satisfied Family Planning users in Abuja who have spoken at community events and continue to speak positively about Family Planning.

#### Discussion Questions:

1. How is Family Planning beneficial?

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2. How does Family Planning affect the health and quality of education parents provide for their children?

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#### Reminder:

“Family Planning improves **quality** of education of our children, **reduces death** of women and prevents **unplanned pregnancies** and abortion. It also reduces stress in men because a planned family is easier to cater for”

Find out more about Family activities and news on the FCT Face book fan page @ **Get It Together fct**

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 5

### Modern Family Planning Is Safe

#### After the program:

Inform the group that there are a lot of misconceptions and misinformation about Family Planning. Some people make decisions about Family Planning based on rumours instead of finding out the facts.

#### Facilitator’s Talking Points:

Modern Family Planning methods are safe however there are some methods have side effects from other drugs. The best way to get accurate information about Family Planning is by seeking accurate information from a skilled Family Planning provider. A couple will find out which method best suits them when they visit the Family Planning clinic.

#### Discussion Questions:

1. Do people have concerns about modern Family Planning methods? Why?

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2. How can a couple learn everything about modern Family Planning methods?

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#### Reminder:

“There are several modern family planning methods available to women and men to help them achieve their family goals and aspirations.

Family planning products are **safe** and often come with simple direction for use which is made easier when the couple visits the family planning clinic. Most of the methods are reversible, i.e. they **do not** affect the fertility of women and can be withdrawn or stopped whenever the couple desires”

Visit the FCT Face book fan page @ **Get It Together FCT**

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 6

### Benefit Of Family Planning To Quality Of Children’s Education

#### After the program:

Tell the group members that Improved quality of life for a family depends on the quality of education, care and affection, accommodation, nutritious and sufficient food the parents provide.

#### Facilitator’s Talking Points:

People do already link family size and improved children’s education. Every parent or family has aspirations for themselves and the children they have or hope to have. For a family to successfully cater for their children to attain good moral standing in society, high religious or spiritual attainment and highest educational standards possible, then they must plan to provide housing, clothing, education and use Family Planning.

#### Discussion Questions:

1. Does Family Planning ensure better quality education for children and how can parents ensure this?

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2. Are Dora and Kunle realizing education as a key benefit if they plan the next pregnancy?

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#### Reminder:

“Family planning benefits the family by allowing parents to train children to any level they desire to attain, fulfilling the children’s aspirations, and being able to give all children **equal** educational opportunities so that there is uniformity and unity within the family, and also allowing for better and more **parent involvement** in monitoring children educational performances. Children will **stay in school** instead of spending time selling or helping to bring in income”

Post your questions on the FCT Face book fan page @ **GET IT TOTHER FCT.**

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 7

### Role Of Men And Women In Family Planning

#### After the program:

Tell the group that it is important to listen to a partner who wants to talk about when to have children in order to create trust. Men can give emotional and financial support to women if they choose to use a Family Planning method and accompany them to the clinic.

#### Facilitator’s Talking Points:

According to research, everyone sees FP as a woman’s responsibility alone. They think that women should raise the issue while men take the decision, therefore she can’t do anything about it on her own. This leads to lack of joint action. Family Planning affects everyone in the family, not just the woman, so **both** men and women must take responsibility to ensure that they are having children by choice and not by chance.

#### Discussion Questions:

1. Do you think that information and support on Family Planning in your area is adequate? Why?

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2. What do couples and your community members require to fully support those who need Family Planning?

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#### Reminder:

“Trust is when a couple is committed to their relationship and want to improve the quality of their family’s future. Couples can take responsibility by trusting each other and discussing whether they want to have children at that time or not so that the decision is jointly taken”

Post your questions and comments on the FCT Face book fan page @ **GET IT TOGETHER FCT**

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 8

### Family Planning Provider Is Friendly

#### After the program:

Inform your group members that while most people know where to get most health services, they do not know where to get Family Planning services. Family Planning clinics have signs and are manned by friendly service providers.

#### Facilitator’s Talking Points:

A friendly and skilled provider smiles and welcomes the client asking why they are visiting the clinic. She discusses their lifestyle in detail describing and showing them all the Family Planning methods available.

She then explains why some methods are more appropriate or not suitable for the client after which she administers the method they both agree is best for the client and gives her the next appointment date.

Clients can ask any question openly and honestly from their provider because she will give complete and correct information and will not tell anyone.

#### Discussion Questions:

1. Why is a Family Planning provider’s attitude important and how can clients support them to perform better?

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2. What are some of the ways in which **FCT FP coordinator Mrs. Mariam Momoh** described a good provider attitude?

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#### Reminder:

“FP providers are nurses, community health officers or community health extension workers. They are reliable because they are trained and experienced. They care, welcome and pay attention to clients. FP providers do not reveal secrets, can be trusted and are found at your nearest hospital or pharmacy”

Ask for the nearest pharmacy or hospital to you on the FCT Face book fan page @ **Get It Together FCT**

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 9

### Family Planning Improves Wife’s Life And Saves Lives

#### After the program:

Tell group members that maternal death is high among women who have had too many births too close together. It weakens a woman’s tissues such that it cannot stand the strain of more pregnancy and delivery, leading to loss of both mother and child. Family Planning helps avoid this.

#### Facilitator’s Talking Points:

Pregnancy comes with a lot of stress for women because the baby shares her blood, body fluids and nutrients as well as energy. The process of giving birth is described as between life and death. Women loose blood and are exhausted mentally and physically as well. Family Planning improves a woman’s life by ensuring enough time for her body to recover from the strains of one pregnancy before embarking on another.

#### Discussion Questions:

1. How can pregnancy be made normal like other situations in a woman’s life?

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2. What can people like Bassey, Chizoba, **FCT FP coordinator Mrs. Mariam Momoh** do to ensure that women get rest between pregnancies so as to allow ample time to rest between births?

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#### Reminder:

“When a family has a manageable size of children who are properly spaced, the woman has enough time for herself, feels stronger, looks younger, stronger and healthier, she is happier and more beautiful.

When a man has the number of children he can comfortably take care of, he has greater peace of mind. When his wife and children are comfortable, he concentrates better on his job. Family planning can save a man from unnecessary stress that could lead to untimely death”

Post your comments on the FCT Face book fan page @ **Get It Together FCT**

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 10

### Community And Religious Leaders

#### After the program:

Inform your group members that both Christianity and Islam accept Family Planning. Everyone should strive to know at least one religious leader who speaks positively about Family Planning.

#### Facilitator's Talking Points:

There is a perception that some Muslim and Christian religious persons and community leaders are against modern Family Planning. This is not true. In fact a lot of traditional and religious leaders in our communities on record have spoken publicly in favor of Family Planning. These religious leaders not only endorsed Family Planning from the Christian and Islamic point of view, but also backed their arguments with quotations from both holy books.

#### Discussion Questions:

1. What are community and religious leaders missing in their support of Family Planning?

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2. Which communities can boast of Family Planning supportive community or religious leaders?

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#### Reminder:

“Religious leaders have been supporting family planning and can continue to do so by speaking positively about fp in public and private conversations, as well as talking about their own experience of planning their own families (or experiences from their own families) the can refer young couples to appropriate health providers for family planning information and or services”.

Get additional information and directions on the FCT Face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males—

Females—

Total—



**Episode 11**

**Couple Communication: Discussion On When To Have Children And Spacing Them.**

**After the program:**

Tell the group that discussing the issue of how many children you want to have is sign of commitment to your family’s success in future. It is a caring attitude that deepens trust.

**Facilitator’s Talking Points:**

Many couples don’t talk about when to start a family because it is seen as the man’s role to make the ‘decision’ rather than a discussion between partners. Women also fear raising issues related to Family Planning for fear of the other person thinking they are cheating. Children are better looked after and raised when both parties in a marriage or relationship agree on when to have them and how many years apart to have them.

**Discussion Questions:**

1. Why do couples find it difficult to talk about how many children they want or should have and how much space they desire to put between them?

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2. How did Mairo manage the discussion of her message and concern about childbirth spacing across to Najib?

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**Reminder:**

“Asking how many children your partner would like to have early in a relationship helps eliminate misunderstanding much later into the future. How much space they want to have between your children is equally important because a couple is able to cater for morally, spiritually and choose how and where to educate their children if they are properly spaced and planned for”

Follow discussions on this episode on the FCT Face book fan page @ **Get It Together FCT**

**Today’s meeting:**

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 12

### Family Planning Methods; General Information

#### After the program:

Inform your group members that there are different kinds of Family Planning methods including Male and Female condoms, Tablets or pills, Injections, Loop or coil, Implants and permanent methods like vasectomy or tying the tubes.

#### Facilitator's Talking Points:

Most methods of Family Planning are temporary (condom, tablets, injections, loop or coil, implants) and a woman can become pregnant after she stops using the method. Tying the tubes and Vasectomy is permanent. Modern Family Planning methods are much more reliable than traditional methods. All these methods are widely available, safe and affordable in your community from nurses, health providers, pharmacists and doctors.

#### Discussion Questions:

1. Is it important for couples using Family Planning to discuss it with their friends? Why?

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2. Which of the methods are more commonly known and discussed by people you know?

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#### Reminder:

“There are different kinds of modern family planning methods that are safe and reliable. Using modern family planning is a normal life decision. They have been extensively tested and are approved by nafdac. There is a method option for everybody”

Learn more on the FCT Face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males—

Females—

Total—

## Episode 13

### Family Planning Methods: Infertility Management

#### After the program

Tell the group that helping couples have children when they want them is an important part of Family Planning and is included in FP services offered.

#### Facilitator’s Talking Points:

Sometimes couples may plan their family but have difficulty getting pregnant at the desired times. This is called infertility. If the husband and the wife can have open discussion about the issue and then go to visit a health provider, that provider may be able to help them overcome their problems and have children.

#### Discussion Questions

1. Is it difficult for couples to discuss and seek help on infertility? Why?

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2. What would make it easier for couples with fertility problems to seek counsel and treatment?

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#### Reminder:

“People think family planning only means having fewer children. They don’t realize that family planning also means helping couples have children when they want them. A visit to the family planning clinic can help a couple understand better how their bodies function and how they can recognize the favorable period in a month for the woman to get pregnant”

Post questions from you and your friends on the FCT Face book fan page @ **Get It Together FCT**

#### Today’s meeting:

How many people were there for today’s meeting?

Males—

Females—

Total—

## Episode 14

### Benefit Of Family Planning: Promotes Love And Healthy Sexual Relationships

#### After the program:

Tell group members that when communication is happening, individuals are confident that their opinion matters to their spouse, increasing their satisfaction with the relationship.

#### Facilitator's Talking Points:

Couples get busy having and raising children and often forget to discuss their own sexual health and relationship needs, their sexual relationship can be improved through the use of Family Planning because the fear of unplanned pregnancy is reduced.

Family Planning can actually increase satisfaction between couples because it allows them sexual pleasure and frequency without worry of unplanned pregnancy.

#### Discussion Questions:

1. What barriers that people have using Family Planning in a committed relationship? How can they be overcome?

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2. How can Family Planning enhance a couple's sexual relationship?

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#### Reminder:

"Couples who talk about family planning and sexual issues can increase their trust, love, and respect for one another because each person is free to share their opinions and needs in the relationship. A healthy sexual relationship can lead to increased happiness, intimacy, and a longer life"

Get more facts about the benefits of family planning on the FCT Face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 15

### How Husbands Can Support Family Planning

#### After the program:

Inform the group that men often perceive Family Planning as a “woman’s issue”, because they are too busy or want to avoid “womanly” things. It is a man’s responsibility to know the facts about Family Planning and be open to discussion if his partner brings it up. Men need to provide financial and emotional support and grant permission for their wives to use Family Planning

#### Facilitator’s Talking Points:

As decision makers, being successful is very important to men. They must therefore bring up Family Planning themselves by talking to their partner about how many children they want and how they will save money to provide for their children.

#### Discussion Questions

1. Why was it important for Kunle to ensure that both him and Dora decide on a Family Planning method together?

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2. Why is it important for men to take the responsibility to TALK about Family Planning to their spouses?

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#### Reminder:

“By supporting Family Planning, couples will be able to space their children, allowing for more time with their families and increased influence with each child. Men who plan their families will feel less stress, will have more money in their pockets, and will be admired by his friends and community”

Post your comments about today’s episode on the FCT Face book fan page @ **Get It Together FCT**

#### Today’s meeting:

How many people were there for today’s meeting?

Males –

Females –

Total –

## Episode 16

### Male And Female Condoms

#### After the program:

Inform your group members that many people have misconceptions about Family Planning methods, which sometimes act as a barrier to using male and female condoms. However, condoms are an easy and affordable Family Planning method to obtain and can protect users against unwanted pregnancy, sexually transmitted infections and HIV. .

#### Facilitator’s Talking Points:

Male and female condoms are easy to use, cheap, readily available and effective. All available condoms in Nigeria are of the best quality and can be found at hospitals, pharmacists, and chemists. Male and female condoms can be used soon after childbirth, whilst breastfeeding, and can be relied on as a back-up method in between longer-acting and permanent Family Planning methods.

#### Discussion Questions:

1. What advice did the health provider give Dora and Kunle during their clinic visit?

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2. Are condoms easy to use? Why?

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#### Reminder

“Male and female condoms can prevent unwanted pregnancy and sexually transmitted infections and hiv, but they must be used correctly at each sexual intercourse. Health workers can provide instruction on how to properly use the male and female condom. Always check for expiry date before use”

Learn more by visiting the FCT Face book fan page @ **Get It Together FCT**

#### Today’s meeting:

How many people were there for today’s meeting?

Males –

Females –

Total –

## Episode 17

### Couple Communication: How To Talk To Your Partner About Family Planning

#### After the program:

Inform your group members that it is the woman who often initiates Family Planning discussions, even though men can equally do it. By sharing ideas for a Family Planning method, spouses can plan their family in a way that caters to the needs and health of the woman and the man.

#### Facilitator's Talking Points:

Many couples do not discuss Family Planning because they don't know how to start the conversation. The pressure of saying the right thing at the right time might be high but there are many benefits to discussing Family Planning with your spouse.

#### Discussion Questions:

1. How can one initiate discussion on Family Planning with a spouse?

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What was Chizoba's advice to Mimi about couple communication?

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#### Reminder

"A good time to discuss Family Planning is when the other person is relaxed and happy, maybe after a favorite meal.

Explain that Family Planning is a way that a couple can decide how many children to have, when to have them, and how to cater for them. By understanding the hopes and dreams of your spouse you can plan your family accordingly, and as a result have more time for each other and a strengthened bond of love"

Get the facts about Family Planning and post your comments on the FCT Face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 18

### Family Planning Method: Injectables

#### After the program:

Tell group members that there are many misconceptions about Injectables that are often exaggerated stories of side effects. If couples have correct information about Injectables, they would be more likely to use this method. In fact, Injectables are even considered the least risky

#### Facilitator's Talking Points:

Injectables can be given every month, every two months, or every three months. This Family Planning method prevents pregnancy by stopping a woman's body from releasing an egg each month. A trained health worker can provide the injections. Injectables are safe for breastfeeding mothers and are effective in preventing pregnancy when taken on time. The injections may cause changes in menstruation for some women. This is normal and a service provider can answer any questions you may have about the side effects associated with Injectables

#### Discussion Questions:

1. What are the benefits of using Injectables as a Family Planning method?

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2. How did Chizoba describe solving her relationship problems to Dora?

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#### Reminder:

"Injectables are considered the least risky family planning method. A trained health worker can provide the injections and answer any questions you may have concerning their use"

Post your comments on this episode on the FCT Face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –



## Episode 19

### Family Planning Method: Tablets (Pills) And Implants

#### After the program:

Inform group members that there are many misconceptions about the tablet (pill) and implants. The pills are small round tablets that are taken every day to prevent pregnancy. Implants are put in a woman's arm and can prevent pregnancy for up to 3-5 years.

#### Facilitator's Talking Points:

Tablets (pills) come in a 28 or 35 count card and can be all white or a mix of white and red pills. They must be taken every day to prevent pregnancy. Tablets have also been shown to reduce period pains and some types of cancer. There are pills for breastfeeding mothers and for non-breastfeeding women. .

Implants are placed in the arm and are effective in preventing pregnancy for up to 3-5 years, depending on the type of implant a woman elects. Implants are currently the most preferred Family Planning method for women in the FCT. Women can get pregnant quickly after discontinuing tablets or implants

#### Discussion Questions

1. Who would you go to in order to get more information about Family Planning?

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2. What did Najib suggest to Mairo as a way to continue her education and meet marital expectations?

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#### Reminder:

"Pills are most suitable for women who are disciplined enough to remember to take them religiously on a daily basis. Implants can be removed anytime between the time it is inserted and the 3 or 5 year time period. Both pills and implants allow a woman to get pregnant shortly after stopping use"

Get more information about pills and implants on the FCT Face book fan page @ **Get It Together FCT.**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 20

### How In-Laws Can Support Family Planning

#### After the program:

Inform your group that In-laws are influencers of young couples. They are respected, they have more experience, and couples look up to them for help. Therefore, they can play a positive role in supporting young couples' decisions to use Family Planning.

#### Facilitator's Talking Points:

In-laws often have influence over young couples and can provide great information based on their life experience. Although in-laws are known to want lots of grandchildren, they can positively support Family Planning as a means of building a happy home and healthy marriage. In-laws can be sympathetic to the hardships of life associated with not having modern Family Planning method options.

If a young couple is practicing Family Planning and having a better quality of life, the in-laws are more likely to also be less burdened by difficulties and experience a greater sense of pride.

#### Discussion Questions:

1. What were some of the things that Baaba made Najib promise before granting Mairo's hand in marriage?

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2. What are some ways that in-laws can encourage young couples to plan their family?

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"Mothers can provide support to a daughter seeking advice on how to bring up Family Planning with her husband, while fathers can help to convince their sons of the benefits of planning a family and spacing their children"

Post your views on the FCT Face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 21

### Couple Communication On Family Planning Before And After Marriage

#### After the program:

Tell group members that there is also the idea that unmarried people shouldn't have sex, so advice on Family Planning and contraceptives are not easily available. However, Family Planning is an important topic to be discussed before and after marriage because it is directly linked to issues of what a couple wants for their relationship and their life together.

#### Facilitator's Talking Points:

Couples can discuss their goals and aspirations for their family even before marriage. This includes what type of home they want to live in and where, who will work or not, how many children they will have and what type of education they want for their children.

#### Discussion Questions:

1. How could the characters in today's drama have had better communication?

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2. Are there some decisions that couples do not typically discuss together? If so, should this change?

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#### Reminder:

"How and when to start Family Planning is a fundamental issue that can be discussed before marriage and revisited throughout the marriage. Family Planning is a fundamental relationship topic and a normal life decision"

Post your comments on the FCT face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 22

### Family Planning And Cost

#### After the program:

Tell your group members that in the past many people have assumed quality Family Planning services are beyond their reach, but with the Federal Government declaration in 2011 making all contraceptives free for Nigerians in public health facilities things have begun to change gradually.

#### Facilitator's Talking Points:

Even though contraceptives are now free, people still need to take time off work and arrange transport to visit the health facilities. Family Planning can be viewed as a priority; something that pays off the money and time is invested in order to gain long-term benefits.

Some methods only require visits to a provider every few months or years. For instance, Injectables can provide protection for 1,2, or 3 months while Implants are for 3-5 years with IUDs (Coil/Loop) lasting for up to 5-10 years.

#### Discussion Questions:

1. What are some of the reasons that still keep people from accessing Family Planning in your area?

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2. What can couples use the money they saved on commodities for?

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#### Reminder:

“The Federal Government of Nigeria has declared Family Planning services to be free in public clinics and hospitals. The N50 naira registration card is a token that is equivalent to buying a small snack. Visit a provider near you for more facts about Family Planning”

Follow us with comments on the FCT Face book fan page @ **Get It Together FCT**.

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 23

### Family Planning Method: Coil Or Loop (Iud)

#### After the program:

Inform group members that there are many myths and misconceptions about the coil or loop. The coil or loop is effective for up to ten years and a woman's fertility returns immediately after it is removed. It is a great method for breastfeeding mothers and can be used following childbirth.

#### Facilitator's Talking Points:

The coil/loop is a very small Family Planning method that is inserted in a woman's womb by a trained service provider. Once inserted it does not require any further cost or action by the user. It is effective in preventing pregnancy up to ten years after insertion and can be inserted 48 hours after childbirth.

The coil/loop can be removed at any time pregnancy is desired and fertility returns immediately after it is removed. Changes in menstruation may occur for some time after the insertion of the coil or loop, but this is normal. Providers can address any questions or concerns regarding changes in menstruation.

#### Discussion Questions:

1. What are the benefits to the coil or loop?
2. What would it take for the coil or loop to become more popular of a Family Planning method in your area?
3. Who in the drama has used the coil or loop?

#### Reminder:

"The coil/loop works by preventing the male and female eggs from meeting. It does not travel within the body or cause discomfort or pain for the woman or man during sex"

Post your comments about today's episode on the FCT Face book fan page @ **Get It Together FCT**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 24

### Sticking With Family Planning:

#### After the program:

Inform your group that Discontinuation is when women start a modern Family Planning method and then quit. Using a Family Planning method effectively means taking pills daily, using condoms at every sex, getting injections at every prescribed interval, etc

#### Facilitator's Talking Points:

Couples need support from their family, friends, and community to make sure they are using their methods at the right time. Sticking to a Family Planning method requires commitment by both partners to talk about Family Planning, know about each other's needs, visitation to a provider to access services.

Family Planning users can enjoy a regular and continuous sexual relationship with their spouse, enjoy good health, and have the ability to pursue their goals and dreams.

#### Discussion Questions:

1. How did Dora convince Yamiltolon about using Family Planning?

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2. What are some ways that couples can correctly use Family Planning methods?

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#### Reminder:

"If FP users have questions about side effects or to inquire about changing their Family Planning method it is better to continue to use the FP method until meeting with a provider. In order for Family Planning to work, couples must make sure they are always protected from unwanted pregnancy by using a method"

Follow discussions on this episode on the FCT Face book page @ **Get It Together FCT**.

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 25

### How Friends And Community Can Support Family Planning

#### After the program:

Inform group members that friends and community members often have great influence on couples when they approve or disapprove of Family Planning. Sometimes, friends and community members have false ideas about Family Planning and spread these as rumors.

#### Facilitator's Talking Points:

It is important that satisfied Family Planning users talk to their friends about their experiences and show couples where they can access correct information and services.

To play a positive role, individuals can ask couples what their plans are for family size as well as their goals and aspirations for their family.

#### Discussion Questions:

1. Who in the drama has supported others to use a FP method?

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2. How can you support couples who are using or thinking about using Family Planning in your area?

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#### Reminder:

“Satisfied Family Planning users, friends, family and community members can support couples in family matters, including the decision to plan their family. When friends and community members support couples, the community as a whole enjoys the satisfaction and pride in helping others”

Follow the trail of comments and exciting reviews on the FCT Face book page @ **Get It Together FCT.**

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –

## Episode 26

### Family Planning Is A Normal Life Decision:

#### After the program:

Tell your group members that modern Family Planning allows couples to enjoy a fulfilling sexual relationship without risking an unplanned pregnancy. Family Planning is a normal life decision that improves the health and happiness of parents, children and families. Family Planning is a normal life decision. Couples can stick to a Family Planning method, even while exploring other options, to ensure they are always protected against unplanned pregnancy.

#### Talking Points:

Family Planning does not intend to limit the number of children a family has, but rather allow rest for a mother in between pregnancies and plan for children a family can adequately cater for. Talking about the future with your spouse can enhance your relationship today. In-laws, friends, and community members as trusted sources of information, they can show couples where to access information and services on Family Planning.

#### Discussion Questions:

1. Before modern Family Planning methods were available, how did women like Mimi's grandmother avoid the risk of pregnancy directly following the birth of a child?
2. What did Mimi's grandmother say about Family Planning?
3. What are some ways that men can act as advocates for Family Planning?
4. Who is the next person you will talk to about Family Planning? What will you ask or tell them?

#### Reminder:

Family Planning is a decision taken by an individual or couple as to when to have children and how many children to have. Family Planning has many benefits for young couples: improved quality of education for children, improved health for women and children, preventing unplanned pregnancies and abortion, and reduced stress in the caregivers. Most Family Planning methods allow return to fertility quickly after stopping use. Modern Family Planning methods are safe, free at Government facilities and supported by community and religious leaders.

Ginger your swagger on the FCT Face book fan page @ **Get It Together** for the latest news and gist on Family Planning in Abuja. It promises to be snazzy and jazzy.

#### Today's meeting:

How many people were there for today's meeting?

Males –

Females –

Total –



**Please Fill Out This Form As A Group, After You Have Listened To The Last Program**

What were the two most important points that your group learned from the series (26 programs)?

1. -----
2. -----

What were your group's two favorites about the series?

1. -----
2. -----

What two suggestions would your group make to improve NURHI Kaduna Radio?

1. -----
2. -----

What is the name of your Listening Group?

1. -----
2. -----

Where are you located?

1. -----
2. -----

What are the things you did not like about the program?

1. -----
2. -----

**Thank you!**

Your input is very important to us! If your group completes this form, you can receive prizes! Tear this sheet out of your discussion guide and submit it to any of the following persons:

- Hauwa Abdullahi @ 0803 332 3246
- Khadijah Ibrahim-Nuhu @ 0806 528 8411

NURHI Radio Program Discussion Guide

**LIST OF PHARMACIES**

First Name	Last Name	Occupation	Facility/Hospital Name	Phone Numbers	Area Council
STELLA	ONUOHA	Pharmacist	FRUITFUL VINE PHARMACY	(803) 379-8764	AMAC
EZENDUKA	EJIOFOR	Pharmacist	JOLAS PHARMACY	(903) 346-1340	AMAC
ABIADDE	TOLULOPE	Pharmacist	AFAMAR PHARMACY LTD	(806) 076-9856	AMAC
KEIRAN	EGONU	Pharmacist	OXYGEN PHARMACY	(803) 552-5107	AMAC
VICTORIA	PETER	Pharmacist	NURAEN PHARMACY	(803) 597-7327	AMAC
EJURA	AGADU	Pharmacist	SOLOS PHARMACY&STORES	(806) 324-4317	AMAC
OBIJIAKU	UGWUALA	Pharmacist	ANDONIS PHARMACY LTD	(803) 933-4244	AMAC
ANIGIOBI	VICTOR	Pharmacist	BOLSEG PHARMACY LTD	(805) 524-2291	AMAC
RICHARD	ELGBA	Pharmacist	RICH NEWWORLD PHARMACY LTD	(807) 229-9149	AMAC
ABILOLA	BABTUNDE	Pharmacist	ABIFAD PAHRMACY LTD	(808) 079-3105	AMAC
ATAI	OKONKO	Pharmacist	JONIK PHARMACY	(802) 335-8356	AMAC
UZOMA	NWIGUDU	Pharmacist	ALPHA PHARMACY LTD	(803) 778-6170	AMAC
ZAINAB	AWWAL	Pharmacist	HEALTH GURANTEED PAHRM CO.LTD	(805) 527-2675	Bwari
HYACINTH	EZEH	Pharmacist	PRE-VIC PHARMACY LTD	(803) 971-2774	
SUNDAY	IKE	Pharmacist	SUNCCEL PHARMACY LTD	(803) 571-5119	
AIDEYONBA	EDOISE	Pharmacist	SALMARS PHARMACEUTICAL LTD	(907) 533-8576	

**LIST OF NURHI COLLABORATING HOSPITALS AND PHCs**

First Name	Last Name	Sex	Occupation	Facility/Hospital Name	Phone Numbers	Area Council
ALICE	ADAMU	F	Health Worker	ASOKORO DISTRICT HOSPITAL	(803) 587-3298	AMAC
FANNAP	JUMAI	F	Other...	ASOKORO DISTRICT HOSPITAL	(803) 834-3717	AMAC
CECILIA	BAWA	F	NURSING	ASOKORO DISTRICT HOSPITAL	(803) 615-7929	AMAC
ELIZABETH	ATTAH	F	NURSING	FAMILY HEALTH CLINIC	(803) 561-3679	AMAC
CYNTHIA	CHRISTI	F	CHEW	FAMILY HEALTH CLINIC	(808) 482-6405	AMAC
AKINLADE	FOLAKE	F	Nurse	GWARINPA GENERAL HOSPITAL	(703) 117-0595	AMAC
ADEWUMI	OJERINDE	F	Nurse	GWARINPA GENERAL HOSPITAL	(805) 610-6946	AMAC
TONY	PHILIPS	M	Doctor	ELYON MEDICAL CENTRE	(702) 668-6091	AMAC
Amc/Wus/24	Amc/Wus/25		Amc/Wus/27	Amc/Wus/31	(807) 775-9119	AMAC
Amc/Wus/24	Amc/Wus/25		Amc/Wus/27	Amc/Wus/31	(803) 667-5080	AMAC
Amc/Wus/24	Amc/Wus/25		Amc/Wus/27	Amc/Wus/31	(806) 604-0303	AMAC
Amc/Wus/24	Amc/Wus/25		Amc/Wus/27	Amc/Wus/31	(806) 777-	AMAC

## NURHI Radio Program Discussion Guide

	25		27		6788	
Amc/Wus/24	Amc/Wus/ 25		Amc/Wus/ 27	Amc/Wus/31	(803) 700- 3917	AMAC
DIKKO	MURNA	F	Nurse	BWARI GENERAL HOSPITAL	(703) 807- 8929	Bwari
OKOLO	CATHERIN E	F	Nurse	KUBWA GENERAL HOSPITAL	(803) 372- 3437	Bwari
DADA	MOPELUO LA	F	Nurse	KUBWA GENERAL HOSPITAL	(806) 783- 3848	Bwari
HAJARA	ONUBAIYE	F	Health Worker	KUBWA GENERAL HOSPITAL	(807) 223- 0331	Bwari

**LIST OF FPPN MEMBERS**

First Name	Last Name	Occupation	Position in facility	Area Council	Zone
IGONOH	DAVID	MEDICAL BAB.TECH.	MEDICAL LAB TECHNICIAN	BWARI	USHAFA
KWORIYA	DINATU	NURSE/MIDWIFE	FP PROVIDER	BWARI	KUDURU
RUTH WASA	FRANCIS	CHO	IC/FP	BWARI	DUTSE
MOMOH	FOLASHADE	Doctor	DIRECTOR	AMAC	CITY CENTRE
USMAN	MUNIRAT	CHO	I/C FP UNIT	AMAC	WUSE
KATE	PELEMO	NURSE/MIDWIFE	I/C FP UNIT	AMAC	KARU
ONAKAN	EUNICE	NURSE/MIDWIFE	CNO/MATRON IN CHARGE	BWARI	KUBWA
ADEBISI	DEBORAH	DOCTOR	MO I/C	BWARI	
ODUNEYE	NIYI	CIVIL SERVANT	SA(SHHSS)	AMAC	GARKI
LAMI ADAH	RUTH	CIVIL SERVANT	WUSE GENERAL HOSPITAL	AMAC	CITY CENTRE
ENIOLA	AWONIYI	CIVIL SERVANT	PHCDB	AMAC	GARKI
UJAM	FRED	MEDICAL DOCTOR	EBONY HOSPITAL	AMAC	GWARINPA
NENGEL	FELICIA				
ROSE	SAMUEL ABGI	MASTER TRAINER	GWARINPA HOSPITAL	AMAC	GWARINPA
JOY	ETADUOVIE	NURSING OFFICER	I/C POST NATAL UNIT	AMAC	GWARINPA
DADA	MOPELUOLA	NURSING	CNO	BWARI	KUBWA
LARE	DAWAH	NURSING	NURSING DIRECTORATE	AMAC	GARKI
RUTH	GBEFWI	NURSING	MASTER TRAINER NURHI	N/A	N/A
LIYATU	ESUBIYI	MASTER TRAINER		AMAC	KABUSA
OLAYINKA	OJUKO	NURSE		BWARI	BWARI CENTRAL

**LIST OF FPPN MEMBERS**

<b>First Name</b>	<b>Last Name</b>	<b>Occupation</b>	<b>Position in facility</b>	<b>Area Council</b>	<b>Area</b>
ANJUGU	REBECCA	NURSING	CNO	BWARI	BWARI CENTRAL
OLUFISOYE	MODUPE	PROGRAM OFFICER		BWARI	
RALIATU	BELLO	CIVIL SERVANT	CNO, FP CORDINATOR	BWARI	BWARI CENTRAL
HELEN	BAKO	CIVIL SERVANT	MATRON, FP CORDINAROR	BWARI	GWAGWA
MARYAM	MOMOH	CIVIL SERVANT	FP CORDINATOR, FCT	AMAC	GARKI
IFEOMA	EKPE	MASTER TRAINER		AMAC	GWARINPA
IRENE	HENSHA W	CIVIL SERVANT	I/C POST ABORTION UNIT	AMAC	CITY CENTRE
MONICA	BULUS	NURSING		AMAC	NYANYA
MUNIRAT	USMAN	CCHO		AMAC	CITY CENTRE
JOHN	OGUDU	MEDICAL PRACTITIONER	SENIOR MEDICAL OFFICER	AMAC	WUSE
ABDURRAHMAN	A	FPPN CHAIRMAN	DEPUTY DIRECTOR	AMAC	GARKI
SALIU	AMIN	MD	MEDICAL DIRECTOR	AMAC	OROZO
OBIOMA	ELIZABETH	MEDICAL PRACTITIONER	IN CHARGE	AMAC	KABUSA

NURHI Radio Program Discussion Guide

MOHAMMED	UMARU	CIVIL SERVANT	LOGISTICS OFFICER	BWARI	BWARI CENTRAL
VERONICA	YAMA	MEDICAL PRACTITIONE R	HOD HEALTH	BWARI	BWARI CENTRAL
OYAKHIRE	GRACE	NURSING	MASTER TRAINER NURHI	AMAC	
SUNDAY	DOJI	CIVIL SERVANT	HOD HEALTH	AMAC	GARKI
ZAKWOYI	ELIJAH	CHO	M&E OFFICER	AMAC	GARKI
BALARABE		CIVIL SERVANT	DIERCTOR PHC	AMAC	GARKI