



Facilitator’s Guide for

Training Community Leaders, Champions, and Gate Keepers on Family Planning

Introduction

There is a continued high unmet need for family planning (FP) in East Africa. Promotion of FP and adolescent and youth sexual and reproductive health (AYSRH) by community leaders, champions, and gate keepers has a critical role in increasing use of FP and contraception services. One of the hindrances cited has been opposition from community leaders towards FP generally and by adolescents and youth (AYSRH).

The training is geared at community leaders, champions, and gatekeepers.

Why?

Community leaders, champions, gatekeepers set and sustain a community’s social norms, and are expected to move their society towards a better future while at the same time looking out for the best interests of families and individuals. Community leaders are essential partners in introducing change, and they can play an important role in dispelling myths and misperceptions and promoting the use of FP/contraception services.

When?

For 1.5 days at with cross cutting themes such as sustainability, gender, adolescents and youth

What for?

By the end of this training, participants will have:

- Reviewed the benefits of FP/AYSRH
- Discussed myths and misconceptions
- Discussed strategies to increase awareness for FP/AYSRH

Day 1		
Suggested Topics	Key messages	Duration
What is FP? What is AYSRH?	<ul style="list-style-type: none"> - Define reproductive health - Define family planning - Define Adolescent and Youth Sexual and Reproductive Health - Why are we implementing this program? 	30 minutes
Benefits of FP/AYSRH	<ul style="list-style-type: none"> - FP saves lives – many pregnancies pose risk to mothers and their children when too early or too soon, exposing the mother and newborns to risk of illness and/or death - FP reduces inequity in the community - FP reduces abortions 	1 hour



	<ul style="list-style-type: none"> - FP reduces adolescent pregnancies and some methods reduce the risk of sexually transmitted infections - FP improves children’s health and development 	
What can community leaders/champions/gatekeepers do to advance FP/AYSRH?	<p>Discussion forum</p> <p>Facilitator allows the participants to come up with possible solution then concludes with the following:</p> <ul style="list-style-type: none"> - Help organize community forums and invite FP providers and advocates to discuss the benefits of family planning. - Serve as models and “champions” for FP by practicing FP and making public statements about its benefits on mass media and in dialogues, forums, planning committees, etc. - Support the creation of a cadre of village health workers or health volunteers who provide FP information and counselling in the community. - Promote youth-friendly services, and include hard- to-reach youth. - Share information such as brochures and pamphlets on FP/AYSRH 	1 hour
Lunch		1 hour
Addressing Myths and Misconceptions	<p>Discussion forum</p> <p>Facilitator allows the participants to come up with possible reasons why myths and misconception exists. Conclude the session by assuring the participants using the following:</p> <p><i>MoH FP Myths and Misconception Trainer Reference Guide</i></p>	1 hour
Day 2		
Youth Involvement FP/contraception	<p>Discussion forum</p> <p>Facilitator presentation</p> <ul style="list-style-type: none"> - Youth friendly services - Counselling 	1 hour



Post-Training	<p>Evaluate the training session</p> <p>Share handouts and Information Education and Communication (IEC) material such as brochures and t-shirts</p> <p>Engage with the trained leaders to support mobilization, radio programs, advocacy forums, etc.</p>	