

Part 4: WHAT A GIRL NEEDS TO KNOW ABOUT GETTING ACCESS TO CONTRACEPTIVES

We Care Groups

JiFahamu

Part 4: What a girl needs to understand about how to get access to contraceptives

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Part 4: List of Sessions for *What a girl needs to know about getting access to contraceptives*

Session	Session Content	Timing
Session 9	Accessing condoms and negotiating the use of condoms	1/2 hour
	Where to get contraceptives	1/2 hour
Session 10	How to get what you need at the clinic	1 hour
	Becoming a JiFahamu Girl	

Part 4: WHAT A GIRL NEEDS TO KNOW ABOUT GETTING ACCESS TO CONTRACEPTIVES

FRONT – seen by the Girls



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Part 4: WHAT A GIRL NEEDS TO KNOW ABOUT GETTING ACCESS TO CONTRACEPTIVES

BACK – seen by facilitating volunteer

Session 9: Accessing condoms and negotiating the use of condoms

Facilitator Explain: You now know about condoms and contraceptives and the different kinds – but just knowing doesn't help us use them. There are many challenges that stop us from using these methods. Today we are going to find and try ways to negotiate or talk about using these methods.

Facilitator Ask: (Scenario – read by the facilitator)

Julius has been showing an interest in Eliza for a few weeks. They have been meeting when Eliza goes to collect water. Eliza likes Julius and they have talked about meeting up at his place one evening. They have discussed being faithful to each other and they want to have sex. Eliza knows about condoms but she is too nervous to ask Julius to wear one. She thinks he will be offended and reject her. What would you advise Eliza to do?

Facilitator Discuss in twos and then share in the group

Negotiating safe sex – discussion questions from the facilitator

- Is Eliza ready to have sex? Why/why not?
- How could Eliza ask Julius to use a condom? (*Role play?*)
- What could Eliza do if Julius refuses to use a condom?

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Session 9 (continued): Accessing condoms and negotiating the use of condoms – What if he says....

Facilitator Reads:

Facilitator reads out the statement from the boy/man and asks the girls how they think they could respond. After hearing their ideas, she shares the 'How could you respond'

What if he says.....

“I don’t have any kind of disease! Don’t you trust me?”

How you could respond: “Of course I trust you, but anyone can have an STI and not even know it. This is just a way to take care of both of us.”

“I don’t like sex as much with a condom. It doesn’t feel the same.”

How you could respond: “This is the only way I feel comfortable having sex. It’ll still be good even with protection! And it lets us focus on each other”

“I don’t know how to use them.”

How you could respond: “I can show you – do you want me to put it on for you?”

“Let’s just do it without a condom this time.”

How you could respond: “It only takes one time to get pregnant or to get an STI. I can’t have sex unless I know I’m as safe as I can be.”

Facilitator Reads:

- This is where you can get condoms in your community – **specify the clinic**, (the volunteer will know where they are available and be able to advise the group)
- Condoms – when used correctly - are a good way to prevent pregnancy and sexually transmitted infections
- Talking to your partner about using condoms is important
- Knowing how to use a condom correctly is important

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FRONT – seen by the Girls

Where to get contraceptives



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BACK – seen by facilitating volunteer

Session 9: Where to get contraceptives

Facilitator Explain: (slowly and carefully and without judgement or your opinion)

Friends Role Play

Janet is sitting with her friend Lidya at her small vegetable stand. Lidya had a baby when she was 17 years old and is a single mother, living with her parents. She sells vegetables to cover the costs of looking after her baby. Janet wants to have sex with her boy friend but she doesn't want to get pregnant. She asks Lidya for advice.

Facilitator Discussion points:

- Is it best to ask our friends for advice on contraception? Why? Why not?
- Who else could we ask? Why?
- What do we need to know before we start using contraceptives?

Facilitator explains:

- There are many different types of contraception. Some work better for some women than others.
- They have different levels of effectiveness and they have advantages, and disadvantages.
- To get accurate information on all the contraceptive methods you must go to the clinic
- The health care provider can educate you about the full range of available methods
- The health care provider will help you choose a method that is right for you
- The health care provider will give you specific instructions on your method of choice, including possible side effects, and reasons to return to the provider.
- The clinic is the best place to get information and services
- This is your nearest clinic: this is the day/time when you will get adolescent friendly services

Facilitator Explain:

- When you need advice about your reproductive health go to your nearest clinic
- When you need to get contraceptives that will work for you, go to your nearest clinic

Next meeting will be our final meeting and you will learn some skills to help you talk with the staff at the clinic! We will meet on _____.

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How to get what you need at the Clinic?



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BACK – seen by facilitating volunteer

Session 10: How to get what you need at the Clinic?

Facilitator Explains: We know that contraceptives are available at the clinic but knowing this and using them are not the same. Going to the clinic is full of many challenges and hurdles and you can overcome if you practice and prepare. The end result of being safe is worth it. You are worth it!

Facilitator Reads:

Janet has decided that she is ready to have protected sex with her boyfriend. She has decided to go the clinic to see a health care provider. She wants to ask them about which contraceptive would be best for her.

Facilitator Asks:

What do you think Janet will be worrying about? What would you worry about if you were Janet? (Group discussion)

Listen to responses and then if useful, here are some possible responses:

- How far is the clinic (transport costs)?
- Can I go on my own? Or should I go with a friend? With my mum? An auntie? Will they serve me if I am not with my partner?
- Waiting time at the clinic – who will see me there?
- Who is the health care provider? Will I know him/her? Will they tell anyone that I went there?
- Will the clinic have what I need?
- Will the health care provider take me seriously? Will they judge me?
- Will I ask the right questions?
- What if I can't decide what I need?

Facilitator Explains:

- As an adolescent, it doesn't matter how old you are, whether you are in a relationship, are married or have a child – you are allowed to access any contraceptive methods.
- The health care provider has an obligation to provide all adolescents with the information and services they require
- The clinic must provide privacy and confidentiality
- The health care provider must check that you do not have any health condition that precludes the use of a particular method. They must let you know about side effects AND that MOST adolescent clients do not experience any side effects
- The health care provider must be respectful of your choices, culture, religion, and sexuality.
- The health care provider needs to tell you that *only* male and female condoms offer protection from sexually transmitted infections (STIs), HIV, **and** pregnancy. If you choose a contraceptive method other than condoms, a condom must also be used to prevent pregnancy and STIs/HIV (dual method use).

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FRONT - seen by the Girls

How to get what you need at the Clinic - Group learning



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BACK – seen by facilitating volunteer

Session 10: How to get what you need at the clinic - Group Learning

Facilitator Explains: Group learning – Scenarios – We will split the girls into pairs and give one scenario to each pair of girls. Ask them to think about what they would do in each scenario

1. You arrive at the clinic and find that the reproductive health service provider is not there.
What do you do?
(Options: Go home; wait outside the clinic; **ask at reception where the adolescent friendly corner is; call your care group volunteer)**
2. You go into the room where the health service provider is and you find that there are two other health workers in the room.
What do you do?
(Options: Start to tell them what you need; **ask whether you can be somewhere where it is just you and health care provider;** tell them you are not ready and go home)
3. The health care provider tells you that condoms are your only option.
What do you do?
(Options: Tell them you don't want condoms and go home; take the condoms; ask them how to use condoms; **tell them you know of other methods and ask if these are available)**
4. You tell the health care provider that your friend uses an implant and that is the method that you want. She tells you there are other options.
What do you do?
(Options: Insist she gives you the implant; listen to the options and still go with the implant; leave without making a decision (she has confused you); **listen to the options and ask for her recommendation based on your conversation)**

Facilitator Read:

- If you are trying to access contraceptives you are being responsible NOT irresponsible
- As an adolescent you have a right to have safe sex
- It is important for you to avoid pregnancy when you are an adolescent

Part 4: WHAT A GIRL NEEDS TO KNOW ABOUT GETTING ACCESS TO CONTRACEPTIVES

FRONT - seen by the Girls

Becoming a Jifahamu Girl!



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BACK – seen by facilitating volunteer

Session 10: Becoming a JiFahamu Girl!

Facilitator Explain: Being able to make our own decisions about our health, body sexuality and reproductive life is a basic human right. Yet all over the world, many young girls struggle to make good choices.

Over these past weeks you have shown commitment to learn about your body, your rights and how to delay pregnancy – you have become a JiFahamu Girl.

Let's talk about ways you can share JiFahamu with other girls in your neighborhood.

Facilitator Discuss: Open discussion.

IMPACT team to take forward how they wish to link with Jifahamu girls beyond these care groups.