

INTEGRATION OF REPRODUCTIVE HEALTH, COASTAL RESOURCE MANAGEMENT AND ECONOMIC ENTERPRISE



Title: Balancing Act: Role-playing exercise on Family Planning and Economic Enterprise

Purpose:

Illustrate the combined roles of Reproductive Health (Family Planning in particular), Coastal Resource Management, and Economic Enterprise in the household's food security and general welfare

Time: 3 hours, 30 minutes

Preparation:

Two folded pieces of paper, each containing a unique scenario and set of written instructions as follows, translated in the local dialect:

SCENARIO #1

- a. Choose one participant who will act as your wife.
 1. The husband is a small-scale fisher and the wife is a fulltime homemaker.
 2. The only source of family income is fishing.
- b. Choose 5 participants who will act as your children.
 1. The children's ages are 10, 9, 7, 5 and 3.
 2. The first 3 children are enrolled at the public school.
- c. Discuss among the family members and decide on:
 1. What are the household's major needs?
 2. What does each family member need?
 3. How much would each cost?

For food, base calculation on the minimum nutritional requirements of all family members.

- d. Determine next, ' How much does the husband earn from fishing monthly?'

- e. Budget the family's expenses for the next month based on the husband's income.
- f. Fill up budget worksheet provided.

SCENARIO #2

- a. Choose one participant who will act as your wife.
 - 1. The husband is a small-scale fisher and the wife tends a sari-sari store.
 - 2. The store and fishing are the sources of family income.
- b. Choose 3 participants who will act as your children.
 - 1. The children's ages are 10, 7 and 3.
 - 2. The first 2 children are enrolled at the public school.
- c. Discuss among the family members and decide on:
 - 1. What are the household's major needs?
 - 2. What does each family member need?
 - 3. How much would each cost?

For food, base calculation on the minimum nutritional requirements of all family members.
- d. Determine next, 'How much does the husband and wife earn monthly?'
- e. Budget the family's expenses for the next month based on the husband's, and wife's income.
- f. Fill up budget worksheet provided.

Two budget worksheets as follows, translated in the local dialect:

Budget Worksheet

BUDGET FOR MY FAMILY

How many family members (including yourself) are there? _____

How much does each working member earn monthly? What is the total amount?

Name	Monthly Earnings
Total Monthly Earnings	

What are the major monthly, family expenses? (Examples: electricity, water, tuition and fees, food, supplies (home/school/ work), operational expenses (work), house repair, etc.) For food expenses, calculate the minimum nutritional requirements of all family members, for all food groups. Be detailed with the budget for food. Use a separate sheet for additional items.

Monthly Needs	Amount
Total Monthly Expenses	

4. Tabulated costs of minimum nutritional requirements for all food groups, for selected ages

5. Reference to Training Curriculum for Couple Peer Educators

Materials:

1. Pencils and paper
2. Manila paper
3. Marking pens
4. Masking tape
5. Scissors

Steps:

Make participants form two groups. Ask for one volunteer from each group to act as the husband and pick one of the two folded pieces of paper containing the scenarios/instructions.

Ask each volunteer to read the scenarios/instructions aloud, and follow the instructions written, starting with role assignments. Each group member should be assigned a role (i.e., father, mother, or child). Group members not assigned family roles, will act as observers.

Ask the observers to take note of budgeting difficulties (if any) encountered by the families, and determine factors contributing to the difficulties, and how problems like these could be avoided in the future.

Remind participants to try their best to act out their roles as realistically as possible.

IMPORTANT! This is a family affair. Discussions must involve all family members. Observers are not allowed to join in the discussion.

Make the observers take turns describing their findings.

Let the participants also share their thoughts and describe their feelings during the activity.

Define Family Planning, provide information regarding the situation in the country, and discuss the benefits that can be gained by managing both fertility and coastal resources. (Refer to Training Curriculum for Couple Peer Educators.)



Stress the following:

- a. If couples do not practice Family Planning, there may not be enough coastal resources to go around in the future.
- b. Mangroves and coral reefs protect fish against storm surges. Similarly, Family Planning protects against population surges.
- c. Proper spacing of children is necessary to assure healthy offspring.