**IUD**
- Small plastic and copper device inserted into the uterus to prevent pregnancy
- Prevents sperm from meeting the egg.
- Highly effective
- Long duration, can be used by lactating women, can be used immediately after giving birth.

1. Introduce the use of Paraan Dos as a safe and effective way to prevent an unwanted pregnancy after unprotected sex within 72 hours or 3 days. Remind client that Paraan Dos should not be used as a regular contraceptive method. It uses available oral contraceptive pills.

2. Encourage questions and provide clarification.

3. End the talk by:
   - Referring the client to CHOW and providing referral slip.
   - Providing IEC materials.
   - Planning when to come back for follow up. Thanking client for her/his time and attention.

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**Job Aid for CPEs/MPEs:**

Talking about Reproductive Health/Family Planning in Your Community

A Kodigo for Peer Educators

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PATH Foundation Philippines, Inc.
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Email: pathphil@path.org
Website: www.path.org/philippines/about.htm

Supported by:
David and Lucile Packard Foundation
4. Bring these with you when you talk to clients:
   - ID Card/PE T-shirt
   - Ball pen or pencil with eraser
   - Diary
   - Work plan
   - Referral forms
   - IEC materials/FAQ
   - Samples of pills, condom, and Paraan Dos
   - Penis model

5. Begin conversation:
   - Greet client.
   - Introduce yourself.
   - Tell the name of your NGO.
   - Explain your role.
   - Say that the IOPCORM project helps a community to attain good reproductive health and manageable family size.

6. Ask clients how life is. Use some of these questions:
   - Are things more expensive these days?
   - Are you able to make ends meet?

7. Talk about family planning.
   - Explain how a woman becomes pregnant. Show the FAQ IEC material.
   - Tell client that unprotected sex can lead to unwanted pregnancy.

8. Tell the client about the benefits of family planning. Show the IEC material.
   - It ensures planned and wanted pregnancies
   - It protects the lives of women against unsafe abortion and high-risk pregnancies.
   - It ensures adequate provision of children's needs, which includes food, clothing, education, etc.
   - It allows women to have more opportunities for education, employment, and social development

   - **Pills**
     - Highly effective when used correctly
     - Not permanent, temporary
     - Protects against cancer of the ovary and the lining of the uterus
     - First time users need to be screened
   - **DMPA**
     - Injectable hormonal contraceptive given every three months
     - Safe and effective, reversible
     - No daily pill-taking, can be used at any age, and few side effects
     - Can be used by breastfeeding women
   - **Vasectomy/BTL--**
     - Permanent methods of contraception
     - Cutting of the vas deferens/fallopian tube
     - Highly effective, safe, convenient, single procedure
     - For those who no longer want to have more children
   - **Condom**
     - Rubber device worn over the erect penis during sex
     - Highly effective if used correctly and consistently
     - Easy to use, reversible, can serve as back-up method, and can protect from STD/HIV/AIDS
     - (Demonstrate proper way of using condoms)