

# Introduction

## Expected Participants:

10-15 Couples of Reproductive Age (15-49 years old) with unmet needs for family planning

## I. INTRODUCTION

Start the session with a short prayer followed by an action song.

### A. Introduction of the participants and facilitators

Objective: The Participants/couples shall be able to know each other better and discover something in common with other participants/couples

1. Introduce yourselves first to encourage the couples to introduce themselves and make them comfortable with you as facilitators.
2. Ask the participants to remain with their spouses and choose another couple as partner. In cases where there are participants without spouses present, each of them will get anybody for their partner.
3. Let the participants/couples stay with their partners and discuss the following topics among or between (in case participants have no spouses present) themselves in 5 minutes:
  - a) Names including nicknames
  - b) Number of children and spaces between children
  - c) Experiences in family planning including methods used or being used (for those who had **the experience**)
  - d) Challenges as parents and/or as spouse – **responses should be written on metacards. "Challenges encountered as a parent having children."**
4. Ask a volunteer couple or participant or appoint one who will start introducing their partner based on the information gathered during their sharing. The participants will then take turns introducing their partner participants to the whole group. This may be done informally without standing in front of the whole group so that they will not be self-conscious.
5. Acknowledge the group for being open and for sharing their lives to the group. Ask the participants on the lessons they learned from sharing personal information. Another facilitator may write responses on the board or manila paper so that the participants will appreciate the purpose of the activity.

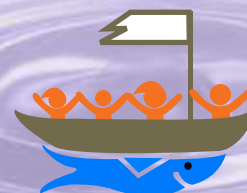
## Materials for the whole session

Visual Aid: Objective of the Family Planning Session, Schedule of the Session, Visual Aid per Task, Human Anatomy (Male & Female), Family planning status of Couples in the Sitio, Standard meaning of family planning, Reasons for Family Planning, Family planning methods, Male & Female Reproductive System, Human Activities on Environment, Action Card, Consolidation of couple's intentions, Consolidation of Couple's actions and needed support

Standard Materials: Sticker for IDs, Manila Papers, pentel pens, ballpens, stickers or plastic dolls, masking tape, action cards, brochures and pamphlets

## Materials

Manila Paper & Pentel pen



# Introduction

## B. Expectation Check

Objective: To enable the participants as well as the facilitators identify, discuss and agree on the different expectations of the session.

1. Divide the group into three by counting 1 to 3.
2. Give each group manila paper with assigned questions to be answered. The participants will write their answers on the manila paper. The questions to be answered are:
  - a. What do you expect to learn after this session?
  - b. What do you expect from the facilitators?
  - c. What do you expect from your co-participants?
3. Give each group 5 minutes to answer the assigned questions.
4. A reporter of each group will present their answers and the other participants will give their comments, discuss and agree on the answers.
5. Then both facilitators and participants sign the sheet with the answers on questions c) expectations of co-participants as a sign of agreement. This serves as your contract during the session.
6. Use the expectations of the participants as a springboard for discussion of the session on objectives.

## II. PRESENTATION OF GENERAL OBJECTIVES and TASKS

Objective: The participants/couples shall be able to relate their expectations with the objectives and tasks of the session.

1. Ask some participants to read the objectives written on the cartolina that are posted in front.
2. Discuss the objectives and relate them with the listed expectations of the participants. If there are expectations that are not related to the objectives, explain why they could not be covered.
3. Present the different tasks that will be accomplished during the session.

## Materials

Visual Aid: General Objectives and Tasks

