

# Talking with Peer Educators

May 2003

***path***

## What to bring

- Identification Card
- Ballpen/Pencil with eraser
- Diary/Workplan/Referral forms
- IEC materials
- Samples of Pills, Condoms and Paraan Dos
- Penis model

## **What to do when talking to peers**

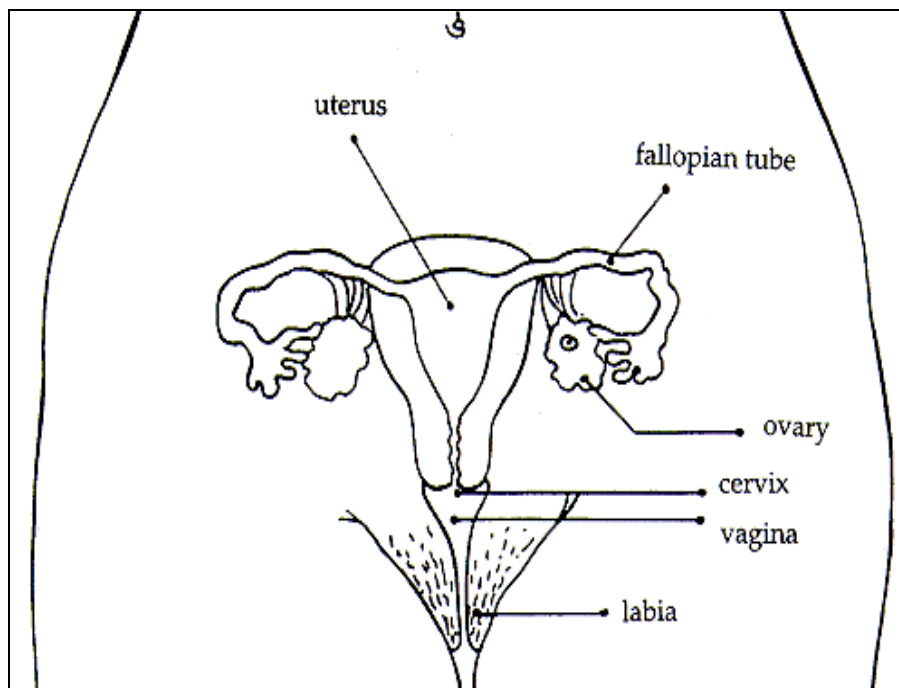
- A. Greet peer, introduce yourself and discuss the purpose of the IPC
- B. Ask peer to introduce self
- C. Assure confidentiality and find a private place to talk. Use good communication skills.
- D. Alert to the current RH and barangay 's coastal resources situation
- E. Explain the benefits of FP in relation to the coastal resources
- F. Tell peer about their FP choices
- G. Introduce the different modern contraceptive methods. Counteract rumors and misconceptions
- H. Discuss fertility cycle and STDs
- I. Discuss IPOPCORM messages
- J. Provide IEC materials
- K. Plan to meet again for follow up

## Issues

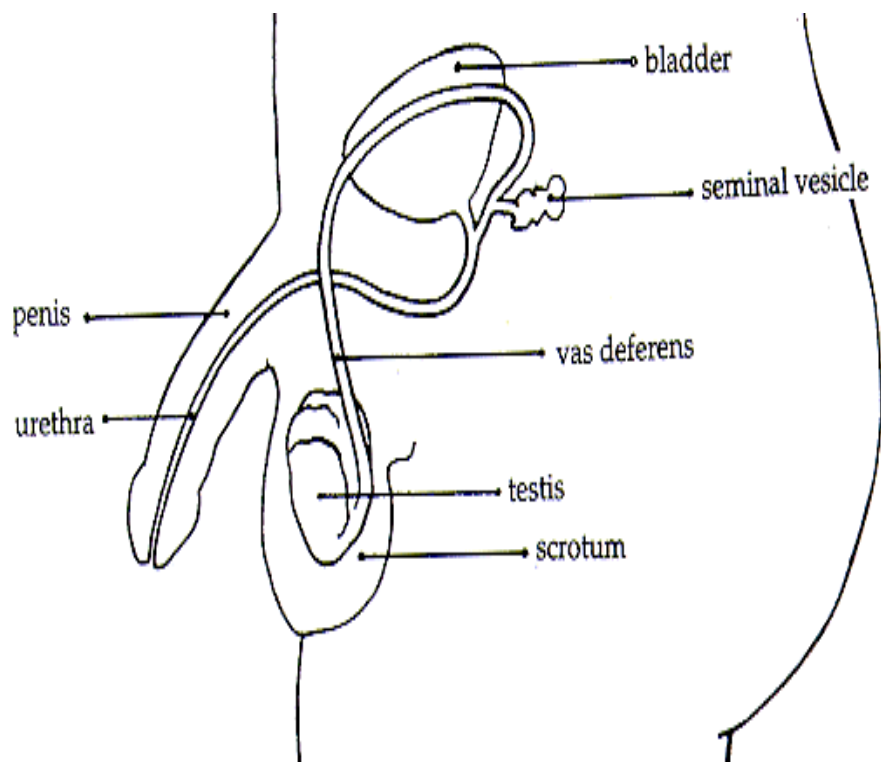
- Too many mouths to feed will lead to community crisis
- Overpopulation can lead to overfishing and use of destructive fishing practices
- Smaller families are less dependent on the coastal resource
- Parents of fewer children have more time for livelihood and community action
- Practice FP and protect coastal resources to ensure food security
- Planning your family is caring for your environment and caring of your environment is planning for your family's future
- If couples do not practice family planning, there will t be enough coastal resource to go around in the future
- Coastal resources degradation and pollution can be reduced by managing the population
- Use FP to have smaller families to feed . Provide printed handouts/IEC materials

## **SEX, PREGNANCY, AND STD**

- Discuss key points of female reproductive system.



- ❑ Discuss key points of male reproductive system.



❑ Explain how

a woman becomes pregnant. Discuss the menstrual cycle, fertilization and implantation.

- ❑ Explain that unprotected sex can lead to unwanted pregnancy and STD.
- ❑ Discuss Sexually Transmitted Disease (STD).

## **1. DISCUSS RISKS OF STD.**

- anyone can infect or become infected
- can remain in the body if not treated
- some can be cured, some can only be treated
- can be life-threatening
- can cause sterility and impotency in men
- can cause infertility, miscarriage, ectopic pregnancy and other problems in women
- can increase risk of getting HIV

## **2. EXPLAIN HOW STD CAN BE TRANSMITTED.**

- sexual intercourse without condoms (vaginal, anal, and oral)
- blood transfusion from infected blood; sharing of contaminated needles and syringes
- mother-to-child

## **3. DISCUSS COMMON SIGNS AND SYMPTOMS OF STD.**

- no symptoms, especially among women
- pain on urination
- itchiness
- discharge

- genital sores

#### **4. HOW TO PREVENT STD.**

- use condoms with all partners
- use only one condom for each sexual intercourse

#### **5. DISCUSS LINK BETWEEN STD AND HIV.**

- people infected with STD are more likely to contract and transmit HIV
- same mode of transmission
- same preventive measures

## **FAMILY PLANNING METHODS FOR MEN**

### **CONDOM**

#### **1. EXPLAIN BENEFITS OF USING THE CONDOM.**

- temporary

- for those at risk of having an unwanted pregnancy and acquiring STD/HIV

## 2. COUNTER MYTHS AND MISCONCEPTIONS.

Myths/ Misconceptions	Responses/Answers
<b>CONDOMS</b>	
Condoms will decrease sexual pleasure.	For some people this is true. However, this does not have to be the case. After all, the Condom does not have to be applied until after the couple is already aroused. Also sometimes, just knowing that you cannot get pregnant or become infected with STD makes sex more enjoyable. Moreover, Condoms can keep the penis stay hard longer.
Some Condoms cannot fit.	“One size fits all.” Condoms can fit any size of penis as long as it is correctly used.



### 3. DEMONSTRATE HOW TO USE THE CONDOM CORRECTLY.

#### STEPS IN USING CONDOMS

Do **not** use lotion or oil as lubricant.



1. Make sure the condom is not expired



2. Pinch the tip of the condom to remove air



3. Put on erect penis



4. Roll the condom down to the base of the penis



5. Withdraw while the penis is still erect holding on to the base of the condom



6. Make sure not to tear the condom and carefully take it off
7. Tie and knot condom and throw it in the trash.

#### **4. ASK CLIENT TO MAKE A RETURN-DEMONSTRATION OF CORRECT CONDOM-USE.**

‘The Condom is a cheap way to have sex without fear of pregnancy or STD.’

### **☐ VASECTOMY**

#### **1. EXPLAIN BENEFITS OF VASECTOMY.**

- permanent
- for those who no longer want to have any more children

#### **2. COUNTER MYTHS AND MISCONCEPTIONS.**

Myths/ Misconceptions	Responses/Answers
<b>VASECTOMY</b>	
Vasectomy is castration.	The man who has a Vasectomy does not lose his testes/penis or any of his masculine characteristics and feelings, except that he definitely will not make a woman pregnant.
Vasectomy causes weakness and makes a man lose his sexual desire and ability.	A man will look and feel the same as before. The Vasectomy procedure does not affect his erection and ejaculation. Problems in achieving erection could be psychological.

Myths/ Misconceptions	Responses/Answers
Vasectomy causes impotency.	Vasectomy only stops the sperm from reaching and fertilizing the female egg. The man continues to have erections and ejaculations during sexual intercourse.

- 3. EXPLAIN WHAT VASECTOMY IS AND HOW IT IS DONE.** (Use illustration of male reproductive anatomy.)
- 4. EXPLAIN WHERE MEN CAN GO FOR A VASECTOMY.**

‘Withdrawal can result in unintended pregnancy and STD.’

# FAMILY PLANNING METHODS FOR WOMEN

## PILLS

- 1. SHOW WHAT A PACKET OF PILLS LOOKS LIKE.**
- 2. DISCUSS BASIC FACTS ABOUT THE PILL.**

How the pill prevents pregnancy	The pill prevents the release of a mature egg from the ovary.
Advantages	<ul style="list-style-type: none"><li>• Very effective at preventing pregnancy</li><li>• Does not interfere with intercourse</li></ul>
How to use	<ol style="list-style-type: none"><li>1) Begin 1<sup>st</sup> pill on or before the 5<sup>th</sup> day of menstruation.</li><li>2) Take a pill at the same time every day.</li></ol>
Potential side effects	<ul style="list-style-type: none"><li>• Nausea, vomiting</li><li>• Dizziness, headache</li><li>• Irregular menstruation</li><li>• Breast tenderness</li></ul> <p>These side effects are temporary signs and symptoms that a first-time user may or may not experience.</p>
First-time users	<ul style="list-style-type: none"><li>• Need to be screened</li><li>• Should use a condom for the first month.</li></ul>

- 3. MENTION THAT THE PILL DOES NOT PROVIDE PROTECTION AGAINST STD AND HIV/AIDS.**
- 4. COUNTER MYTHS AND MISCONCEPTIONS ON THE PILL.**

## □ DMPA

### 1. SHOW SAMPLE.

### 2. DISCUSS BASIC FACTS ABOUT DMPA.

How DMPA prevents pregnancy	<ul style="list-style-type: none"><li>• DMPA prevents the release of a mature egg from the ovary.</li><li>• DMPA thickens cervical mucus making it difficult for sperm to pass.</li></ul>
Advantages	<ul style="list-style-type: none"><li>• Very effective at preventing pregnancy</li><li>• Can be used by breastfeeding women</li><li>• Lasts for 3 months</li><li>• Does not interfere with intercourse</li></ul>
How to use	<ol style="list-style-type: none"><li>1) Can be injected on or before the 5<sup>th</sup> day of menstruation</li><li>2) Injection given every 3 months</li></ol>
Potential side effects	<ul style="list-style-type: none"><li>• Nausea, vomiting</li><li>• Dizziness, headache</li><li>• Bleeding changes</li><li>• Breast tenderness</li></ul>
First-time users	<ul style="list-style-type: none"><li>• Need to be screened</li></ul>

### 3. MENTION THAT DMPA DOES NOT PROVIDE PROTECTION AGAINST STD AND HIV/AIDS.

### 4. COUNTER MYTHS AND MISCONCEPTIONS ON DMPA.

## IUD

**1. SHOW SAMPLE.**

**2. EXPLAIN BASIC FACTS ABOUT IUD.**

How the IUD prevents pregnancy	IUD prevents the sperm from meeting the egg.
Advantages	<ul style="list-style-type: none"><li>• Very effective at preventing pregnancy</li><li>• Can be used by lactating women</li><li>• Long duration- up to 10 years</li></ul>
How to use	Inserted and placed inside the uterus by a trained doctor, nurse or midwife, preferably during menstruation (Use illustration of female reproductive anatomy.)
Potential side effects	Slight pain during the 1 <sup>st</sup> few days after insertion
First-time users	<ul style="list-style-type: none"><li>• Need to be screened</li></ul>

**3. MENTION THAT IUD DOES NOT PROVIDE PROTECTION AGAINST STD AND HIV/AIDS.**

**4. COUNTER MYTHS AND MISCONCEPTIONS ABOUT IUD.**

## BTL

1. Explain benefits of Bilateral Tubal Ligation.
  - Permanent; highly effective
  - For those who no longer want to have any more children
2. Counter myths and misconceptions about BTL.
3. Explain what BTL is and how it is done. Use illustration of female reproductive anatomy.
4. Explain where women can go for BTL.

## ❑ Paraan Dos

### 1. Discuss basic facts about Paraan Dos.

What is Paraan Dos?	Paraan Dos is a safe and effective way to prevent an unwanted pregnancy after unprotected sex within 72 hours or 3 days.
In what cases can a client use Paraan Dos?	<ul style="list-style-type: none"><li>• Rape/sexual assault</li><li>• Unprotected sexual intercourse</li><li>• Contraceptive-use errors</li><li>• Missed pills</li><li>• Contraceptive accidents</li></ul>
How does Paraan Dos prevent pregnancy?	<ul style="list-style-type: none"><li>• Paraan Dos prevents the release of a mature egg from the ovary.</li><li>• It prevents the meeting of the sperm and egg.</li><li>• It changes the lining of the uterus making it not suitable for implantation.</li></ul>
Advantages	<ul style="list-style-type: none"><li>• Safe</li><li>• Effective when used correctly</li></ul>
Potential Side effects	<ul style="list-style-type: none"><li>• Nausea, vomiting</li><li>• Irregular bleeding</li><li>• Breast tenderness</li><li>• Headache, dizziness</li></ul> <p>Paraan Dos does not cause abortion nor congenital defects. It does not disrupt an established pregnancy.</p>

2. Emphasize that Paraan Dos is for emergency use only and not recommended for routine use.

3. Mention that Paraan Dos does not provide protection against STD and HIV/AIDS.



- Help clients choose.**
- Explain what to do. Provide information. Show how. Encourage questions. Explain when to come back.**
- Refer to CHOW/other health service provider/s and provide referral form/s. Return for follow up. Thank client for her/his time and attention.**



26/F Yuchengco Tower, RCBC Plaza  
6819 Ayala Avenue cor. Sen. Gil Puyat Avenue  
1200 Makati City PHILIPPINES  
Tel. No. 632 8452921 Fax No. 632 8453182  
Website: [www.path.org](http://www.path.org) Email: [pathphil@skyinet.net](mailto:pathphil@skyinet.net)