

 **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.



**Job Aid for CPEs/MPEs:**

**Talking about Reproductive Health/Family Planning in Your Community**





*A Kodigo for Peer Educators*

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<p>4. Bring these with you when you talk to clients:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ID Card/PE T-shirt</li> <li><input type="checkbox"/> Ball pen or pencil with eraser</li> <li><input type="checkbox"/> Diary</li> <li><input type="checkbox"/> Work plan</li> <li><input type="checkbox"/> Referral forms</li> <li><input type="checkbox"/> IEC materials/FAQ</li> <li><input type="checkbox"/> Samples of pills, condom, and Paraan Dos</li> <li><input type="checkbox"/> Penis model</li> </ul> <p>5. Begin conversation:</p> <ul style="list-style-type: none"> <li>• Greet client.</li> <li>• Introduce yourself.</li> <li>• Tell the name of your NGO.</li> <li>• Explain your role.</li> <li>• Say that the IPOPCORM project helps a community to attain good reproductive health and manageable family size.</li> </ul> <p>6. Ask clients how life is. Use some of these questions:</p> <ul style="list-style-type: none"> <li>• Are things more expensive these days?</li> <li>• Are you able to make ends meet?</li> </ul>	<p>7. Talk about family planning.</p> <ul style="list-style-type: none"> <li>• Explain how a woman becomes pregnant. Show the FAQ IEC material.</li> <li>• Tell client that unprotected sex can lead to unwanted pregnancy.</li> </ul> <p>8. Tell the client about the benefits of family planning. Show the IEC material.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> It ensures planned and wanted pregnancies</li> <li><input type="checkbox"/> It protects the lives of women against unsafe abortion and high- risk pregnancies.</li> <li><input type="checkbox"/> It ensures adequate provision of children’s needs, which includes food, clothing, education, etc.</li> <li><input type="checkbox"/> It allows women to have more opportunities for education, employment, and social development</li> </ul> <p>9. Help client choose a modern family planning method. Discuss contraceptive methods available. Show the IEC materials.</p> <p> <b>Pills</b></p> <ul style="list-style-type: none"> <li>– Highly effective when used correctly</li> <li>– Not permanent, temporary</li> <li>– Protects against cancer of the ovary and the lining of the uterus</li> <li>– First time users need to be screened</li> </ul>	<p> <b>DMPA</b></p> <ul style="list-style-type: none"> <li>– Injectable hormonal contraceptive given every three months</li> <li>– Safe and effective, reversible</li> <li>– No daily pill-taking, can be used at any age, and few side effects</li> <li>– Can be used by breastfeeding women</li> </ul> <p> <b>Vasectomy/BTL--</b></p> <ul style="list-style-type: none"> <li>– Permanent methods of contraception</li> <li>– Cutting of the vas deferens/fallopian tube</li> <li>– Highly effective, safe, convenient, single procedure</li> <li>– For those who no longer want to have more children</li> </ul> <p> <b>Condom</b></p> <ul style="list-style-type: none"> <li>– Rubber device worn over the erect penis during sex</li> <li>– Highly effective if used correctly and consistently</li> <li>– Easy to use, reversible, can serve as back-up method, and can protect from STD/HIV/AIDS</li> <li>– <i>(Demonstrate proper way of using condoms)</i></li> </ul>
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