GENDER-EQUITY FOCUSED, MALE-CENTERED FAMILY PLANNING IN RURAL INDIA (CHARM)
Objectives

National Institute for Research in Reproductive Health Mumbai offers significant innovative family planning services for rural young couples through private health care practitioners at village level.

The purpose of this program is to help married couples to become more aware and educated about their family planning options, which will be facilitated by promoting equality and shared decision-making in the household.
Collaborators

- National Institute for Research in Reproductive Health, Parel, Mumbai.
- Topiwala National Medical College & Nair Hospital, Mumbai, India
- Directorate of health services, Maharashtra
- University of California, San Diego, USA
- Population Council, New Delhi, India
What is Family Planning?

- The first pregnancy should be between the age of 18-35 years.
- There should be four years space between two children.
- One should use copper T, condom or oral pills to keep space between two children.
- If couple have one or two children..., brings happiness in their life.
What is Family Planning

- Family Planning is an intelligent use of contraceptive method by couple to have the child by choice and not by chance.

- Family planning is not only having small families or avoiding having children; it is a way of life for promoting the welfare of the family by safe guarding the health, of mother and children.
Why Family Planning Important?

Small Family, Happy Family.....

Big Family, Unhappy Family.......
Why family planning important?

- It can help mother to space pregnancies as the mother needs at least two years to recover fully, before her next pregnancy.
- It helps to avoid unwanted pregnancies.
- It enables parents to have desired number of children that they can look after properly, to grow up into strong healthy and responsible citizens.
- Small size of the family will help the government to provide at least the basic needs food, housing, education, employment, medical and social services to the citizens.
### Methods of Family Planning

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<th>Temporary Methods</th>
<th>Permanent Methods</th>
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<td>Male Condom</td>
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Methods of Family Planning

1. Temporary Methods (Barrier Methods)
   - Male Condom
   - Oral Pills
   - Copper T

2. Natural Methods
   - Withdrawal Methods
   - Rhythm Method

3. Permanent Method
   - Female Sterilization
   - Male sterilization
"Condom is easily available in government hospital, PHCs and sub Centre’s, with Anganwadi workers, ASHA, ANMs, MPW. at free of cost. It is also available at medical shop"

"Condom helped me for family planning"
Male Condom

Condom is a sheath, or covering, made to fit over a man’s erect penis. It is made of thin latex rubber, because of condom semen cannot enter into vagina. It is one of the popular contraceptive method.

- Easily available in government hospital, PHCs and sub Centres, with Anganwadi workers, ASHA, ANMs, MPW. at free of cost

- No side effects.

- Condom cannot be reused.

- Prevent STDs and HIV/AIDS.

- Never use oil-based lubricants such as mineral oil, petroleum jelly, or baby oil with condoms because these substances can tear the condom.

- Make sure the packet and condom appear to be in good condition, and check that the expiry date has not passed.

- If the condom breaks immediately wash both penis and vagina with water and soap which can reduce the risk of STDs and pregnancy.
How to Use Condom

1. Open the condom package and take out the condom.
2. Put the condom on the penis before sexual intercourse.
3. Pull the condom down over the penis.
4. Squeeze the tip of the condom to ensure no air is left.
5. Insert the condom into the vagina during sexual activity.
6. After ejaculation, remove the condom and dispose of it properly.
How to use condom

- Open the condom packet at one corner. Be careful not to tear the condom with your fingernails or your teeth. (picture no 1)
- Put the condom on the erect penis before the penis touches the vagina. (picture no 2)
- Pull the foreskin back if the penis is uncircumcised. Place the condom on the tip of the penis. (picture no 3)
- When you have ejaculated or finished having sex, withdraw the penis before it softens. (picture no 4)
- Make sure you hold the condom against the base of the penis while you withdraw and tie a knot, so that the semen doesn't spill. (picture no 5)
- Wrapped the condom in a paper and throw it in the dust bin (picture no 6)
“For post-partum women can start taking pills after she stops breastfeeding or 6 months after child birth – whichever comes first.”
Oral Pills

- It is a hormonal contraceptive. **It contains a combination of estrogen and progesterone** – mimic the ones your body naturally produces monthly. They prevent the egg from being produced and hence prevent pregnancy. The woman should take it orally every day; it prevents the release of the egg from the ovary each month.

- Women should **consult medical practitioner** before starting pills

- Women should start taking oral pills on first day of menstrual cycle taking one tablet daily for 21 consecutive days followed by seven days of iron and folic acid supplements.

- For post-partum women can start taking pills after **she stops breastfeeding or 6 months after child birth** – whichever comes first.
Who Can and Can’t Use the pills

Most women can safely use the pill

But usually cannot use the pill if...

- Smoke cigarettes AND age 35 or older
- High blood pressure
- Gave birth in the last 3 weeks
- Breastfeeding 6 months or less
- May be pregnant
- Some other serious health conditions
Who Can and Can’t Use Pills

Most of the woman can use pills safely but usually can’t use, If she is

- Smoking or above 35 years of age
- High blood pressure
- Gave birth in the last three weeks
- Breast feeding six months or less
- May be pregnant
- Some other serious health conditions
“Once copper T is inserted can be use for 3 to 5 years.....”
Copper –T

IUD is a small flexible plastic device usually with copper,

- which is inserted into the womb by a doctor, preferably soon after menstruation, abortion or 4 to 6 weeks after delivery
- It mainly prevents the fertilized egg from setting in the womb.
- No interference with sex. Can increase sexual enjoyment because no need to worry about pregnancy.
- It is effective for 3 to 5 years.
- It must be inserted or removed only by a trained medical person.
- The ability to become pregnant returns quickly once IUD is removed
Who Can use and Can’t use Copper-T

Most women can use IUD (copper T) safely

But usually can not use IUD (Copper T) if....

- Pregnant
- If she has just delivered
- High Risk of STI
- Unusual vaginal bleeding
- Infection or problems in female organ
Most of the woman can use copper-T but usually can’t use if she,

- Pregnant (Picture no.1)
- If she has just delivered (Picture no.2)
- High risk of STI (Picture no.3)
- Unusual vaginal bleeding (Picture no.4)
- Infection or problems in female organ (Picture no.5)
Natural Methods

Withdrawal Method

<table>
<thead>
<tr>
<th>Image 38x244 to 329x410</th>
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| Withdrawal method is when the penis is removed from the vagina just before ejaculation.

Rhythm Method

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<th>Image 225x34 to 474x171</th>
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“The withdrawal of the penis from the vagina just before ejaculation is called withdrawal method.”

“Woman is most fertile from the 10th to 20th day of her menstrual cycle, if her menstrual cycle is regular (28 days).”
Natural Methods

Withdrawal Method
- The withdrawal of the penis from the vagina just before ejaculation is called withdrawal method. This prevents the semen from entering the vagina. This is perhaps the oldest contraceptive method known to man. It has no physical side effects and no cost is involve but one can’t rely on this method.

Rhythm Method
- The rhythm method means, the period when the woman is most fertile by recording her menstrual pattern. **Woman is most fertile from the 10th to 20th day of her menstrual cycle, if her menstruation cycle is regular (28 days).**
- Sexual intercourse is avoided on these days or couples can use barrier method, condom, during the fertile period.
- Woman having irregular cycles cannot use this method.
Permanent methods

“Easy operation, no need to worry”

“Vasectomy doesn’t give any trouble.”

Female Sterilization

Male Sterilization
Permanent Methods

Female Sterilization (Tubectomy)

It is a permanent surgical method in which the fallopian tubes, which carry the egg from the ovary to the uterus, are closed. Thus it prevents the egg from traveling down to meet the sperm. Only those couples that desire no further children must adopt this method.

Male Sterilization (Vasectomy)

Male sterilization (Vasectomy) is permanent surgical method. In which, the tubes (vas deferens) carry the sperm from the testis to the penis are cut and tied at both the ends, by taking two small cuts on both the sides of scrotum, so that sperms cannot be released into the semen at the time of ejaculation. It is safe, simple and quick surgical procedure. It is not castration; it doesn’t affect the testis and doesn’t affect sexual ability.
Availability of Family Planning Methods
Family planning methods are easily available at the public health sectors free of cost

- Government / Municipal Hospital.
- Primary Health Centre
- Sub Centre.
- Family Planning Camps
- Health workers like ANM/MPWs, ASHA, Anganwadi worker.

These methods are also available at private health sectors with minimal charges.

- Private Hospital.
- Pharmacy / Medical store
- Shops.
Family Planning – Couple Decision
After marriage it is necessary for husband and wife to decide jointly about their children.

- If have 1-2 children then you can take proper care of them and so there life span will increase and they will be able to take care of you in your old age.

- It is very essential for husband and wife to have communication and decide the actual family size for better and prosperous life.

- The communication should be two ways rather than one way.

- In our society moreover we see that desire for male child or male sex preference affects family size.
“I have understood that girls and boys are same and if we give education and good values then girls also can take care of parents in their old age so I don’t give preference to boy child.”

“Whether it is boy or a girl child, it is important to have healthy baby, and for that I will regularly visit to the PHC”

“It is my prime responsibility, to take care of my wife during pregnancy, after the delivery”
Married Couples’ Joint Decision Making on Family Planning

- Majority of couples/in-laws feel that it is compulsory to have first child soon after marriage. Parenthood is big responsibility and both husband and wife should be mentally prepared to take that responsibility.

- Both should respect each other’s opinion and decide mutually.

- Husband should understand that his wife is also equally important and she also have right to express her views and take decision regarding family planning.

- A good husband shares information about sexual and reproductive health issues with his wife. A husband should take responsibility by using or supporting his wife’s contraceptive use.

- Family planning can be used regardless of how many children you already have or want for the future.
Male Involvement in safe motherhood

“A good husband shares decision around sexual and reproductive health issues with his wife. A husband should take responsibility by using or supporting his wife’s contraceptive use.”
Early childbearing may be life-threatening to both the mother and the child. Mothers younger than 17 face an increased risk of maternal mortality because their bodies are not yet mature enough to bear children.

To confirm about your wife’s pregnancy, accompany her to doctor and discuss with her about pregnancy.

Register name in the hospital for safe delivery which is equipped with all the facilities.

Give your pregnant wife nutritious and supplementary food. Give medicines as per the doctor’s prescription. Avoid sexual intercourse during this period, preferably during first and last trimester.

Cooperation between couples helps to build the strong relationship and good sexual relationship of husband and wife.

It is husband’s responsibility to take care of wife during pregnancy, delivery and even after the delivery.

Husband can play active role in taking decision about family planning after consulting his wife.
“Girls also can take care of parents in their old age, only they need good education and good upbringing as equal to male child. If this attitude of mother in laws is change then they can easily support family planning methods.”
Mother in laws or elders in the family plays an important role in promoting family planning for their daughter in laws. Opposition of mother-in-law can prevent couple from using family planning methods, which can lead to unwanted and frequent pregnancy.

Demand for male child can be a common reason which prevents couples from using family planning methods.

Mother-in-law should understand that both boy and girl are equally important. Girls also can take care of parents in their old age, only they need good education and good upbringing as equal to male child. If this attitude of mother in law is changes then they can easily support family planning methods.

Mother-in-law should understand about the issue of family planning, its advantages and disadvantages. So that she can promote family planning to her son or daughter-in-law.
Live a happy family life !!!
Live a happy family life !!!

Prudent decisions and careful planning will make your family thankful
GENDER-EQUITY FOCUSED, MALE-CENTERED FAMILY PLANNING IN RURAL INDIA
### Summary of First session

#### Methods of Family Planning

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- Temporary Methods
- Permanent Methods
- Natural Methods
Summary of first session

- What is family planning?
- Why it is important?
- Contraceptive methods
  - Oral pills
  - Intra Uterine Device
  - Male Condom
- Availability of Family Planning Methods

- Decision Making
  - Family size
  - Son Preference
  - Responsibility of husband/Father
  - Male involvement in safe motherhood
  - Role of Mother in Law
Family Planning - Couple Decision
• If have 1-2 children then you can take proper care of them and so their life span will increase and they will be able to take care of you in your old age.

• It is very essential for husband and wife to have communication and decide the actual family size for better and prosperous life.

• The communication should be two ways rather than one way.

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I have understood that girls and boys are same and if we give education and good values then girls also can take care of parents in their old age so I don’t give preference to boy child.

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- Majority of couples/in-laws feel that it is compulsory to have first child soon after marriage however parenthood is big responsibility and both husband and wife should be mentally prepared to take that responsibility.

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- Family planning can be used regardless of how many children you already have or want for the future.
Marital communication
Marital communication

• Unhealthy marital communication can lead to arguments, unhealthy relationship, unequal division of responsibilities and finally family suffers

• Good communication habits are the foundation of a successful marriage.

• It is important during a disagreement to express oneself clearly and calmly.

• There are healthier ways to resolve arguments and negotiate or compromise to reach a solution.

• husband and wife should know each other by expressing respect, affection and giving attention to each other.
Steps to improve marital communication
Steps to improve marital communication

• Be clear about what you want
• Control your emotions.
• Listen and try to see things from your partner's perspective.
• Keep conversations in the present.
• Learn the art of negotiation. Marriage is a give and take.
• Pay attention to nonverbal communication.
• Define the issue.
• Set aside daily time.
• Listen actively.
Affection in a sexual relationship
Affection in a sexual relationship

- Being affectionate is a way of showing that you care about someone. It feels good. It can be an important part of keeping a relationship strong and loving.

- **Sex** can be a way of showing affection, but it isn’t the only way.

- In sexual relationships both should respect for the willingness of other partner.

- There are many other ways of showing that you love someone or care about someone that don’t involve sex.

- Don’t assume what your husband/wife likes – everyone is different.

- Don’t be affectionate only when you want sex or to get sexual.

- Women cannot express their sexual urge to their husband due to the restrictions of culture. So husband should understand and respect the feelings of their wife.
Violence

Domestic violence

Physical violence

Emotional violence

Sexual Violence

Economic violence
Violence

• Violence faced by an individual/group in various situations includes physical, sexual, emotional, psychological and economic abuse by any member of the family to control or dominated women in the family/society.

Types of violence

– Domestic violence-
– Economic violence-
– Emotional violence
– Physical violence
– Sexual Violence
Domestic violence
Domestic violence

• Making women afraid by looks, actions and gestures. By destroying her property or by displaying weapons.

• Isolation is used to control and limit what a woman does, whom she sees or where she goes.

• Intimidation/stalking.

• Intentionally keep away from the family

• Domestic violence includes sexual and physical marital violence.
Physical violence
Physical violence

- Slapping
- Punching
- Beating
- Biting
- Shoving with or without weapons causing injury or death.
- Trying to burn
Violence

Emotional violence

Sexual Violence

Economic violence
Violence

**Emotional violence**

- intentional attempt to make women feel bad
- name-calling or putdowns
- keeping a partner from contacting their family or friends
- Humiliating and abusing an individual in public and private places.

**Economic violence**

- withholding money
- stopping a partner from getting or keeping a job
- financial dependence and helplessness in the victim

**Sexual Violence**

- Sexual violence can be defined as "any violence, physical or psychological, carried out through sexual means or by targeting sexuality."
- Forced sex within marriage.
- Threatening/ Stalking
- Taking nude pictures of a person
Gender Based Violence
Gender Based Violence

- Gender-based violence both reflects and reinforces inequities between men and women and compromises the health, dignity, security and autonomy of its victims.

- It includes domestic violence and mistreatment of wives from husbands and in-laws.

- A wide range of human rights violations.

- Several harmful traditional practices.

- Any one of these abuses can leave deep psychological scars, damage the health, including reproductive and sexual health.
Causes of gender based violence can be
Causes of gender based violence

- Values that give men proprietary rights over women and girls.
- Notion of the family as the private sphere and under male control.
- Customs of marriage (bride price/dowry).
- Acceptability of violence as a means to resolve conflict.
- Women’s economic dependence on men.
- Discriminatory laws e.g. inheritance, property rights, use of communal lands.
- Limited access to education and training for women.
What can we do to prevent violence?
What can we do to prevent violence?

“It is never acceptable to be violent against your wife, either physically or sexually. Nor is it acceptable for in-laws to be violent against or mistreat their daughter in law and it is your responsibility to defend and support her if this occurs.”

• Talk to your partner openly so you can both communicate your wishes and have no misunderstanding.

• Listen Carefully. Take the time to hear what your partner is saying. Be sensitive to his/her feelings.
Summary of session

- Marital communication
- Steps to improve marital communication
- Affection in a sexual relationship:
- Violence
  1. Physical violence
  2. Emotional violence
  3. Economic violence
  4. Domestic violence
  5. Sexual Violence
- Consequences of sexual violence
- Gender Violence
- What can we do to prevent violence
- Decision Making

PS: Make sure that respondent has understood the issues of violence and discuss if the respondent wants to talk about it.