

# CHARM IEC Material

## Session 1: Husband Family Planning Methods and Decision Making

### Introduction and Program Purpose:

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. As men tend to have a stronger voice in the marriage, particularly around topics of family planning, it is important to emphasize respectful, non-violent communication between husbands and wives. Doing this can increase the likelihood of effective pregnancy spacing and contraceptive use, and thus improve the family's overall physical, spiritual, and emotional health.

(Ref. Flip Chart-No.- 2 )

### 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 helps users to have children only when they are ready to have them. 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.

(Ref. Flip Chart-No.-5, 6 )

### Why it is 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 be 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

(Ref. Flip Chart-No.-7, 8 )

## Information about contraceptive methods:

### A. Barrier methods

#### 1. 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.



#### Advantages:

- Easily available in government hospital, PHCs and sub Centre's, Anganwadi workers, ASHA, ANMs, MPW, at free of cost.
- Easy to use.
- No need for medical checkup.
- If used correctly it is useful about 90-95 percent to avoid pregnancy.
- No side effects.
- Prevent STDs and HIV/AIDS
- Prior medical examination is not required.
- Can be used by men of any age

#### Disadvantages:

- It may tear or slip off if not used properly
- latex condoms, may cause itching for few people who are allergic to latex
- Need to use new condom every time you have sexual intercourse.
- Requires care to ensure that no semen is split after ejaculation, by holding it in place when the penis is withdrawn

#### Myths and Misconception about condoms:

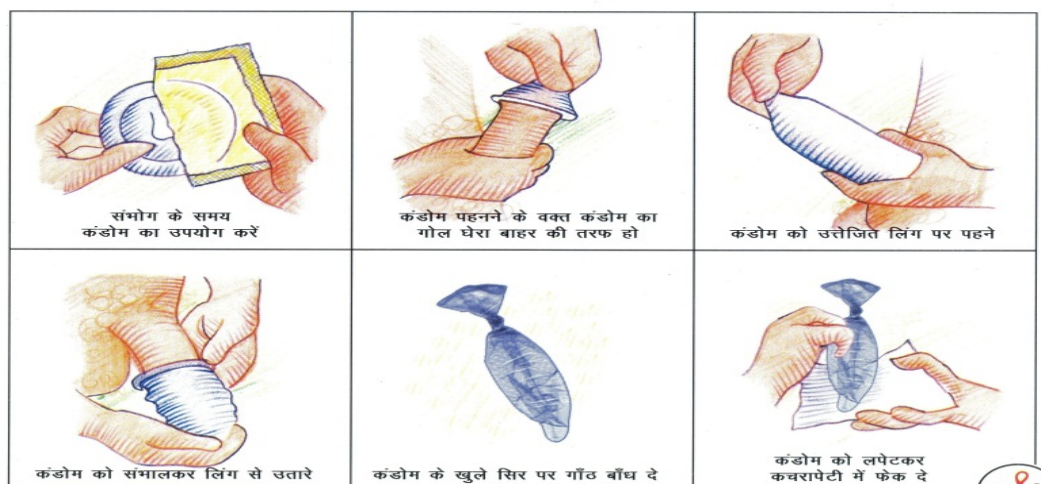
No	Myths	Scientific reasons
1	Many people connect condom with sex outside marriage.	It is not so married couples should also use condom for preventing pregnancy, STDs and HIV/AIDS.
2	Condoms interrupt sexual activities.	It is not so, in fact it increases sexual enjoyment because no need to worry about pregnancy or STDs and HIV/AIDS.
3	Condom is costly	You can get condom free of cost at

		government hospitals, PHCs, or sub Centres, ASHA, ANM and Anganwadi worker.
4	Condom can break during intercourse.	If a condom breaks, it's probably been put on wrongly, torn by nails or an air bubble at the end.
5	If you want to have sex during menstrual period only then condom can be used.	Condom should be used during every sexual intercourse to avoid pregnancy and STDs.
6	Using dual condom is safer.	No, it isn't. Using two condoms at once increases the chances of them ripping. Only use one condom at a time.
7 10	Condom makes a man weak and impotent.	No, this could be due to physical and emotional factors.

### Precautions:

- Condom cannot be reused.
- Never use oil-based lubricants such as mineral oil, petroleum jelly, or baby oil with condoms because these substances can break down the rubber.
- Make sure the packet and condom appear to be in good condition, and check that the expiry date has not passed.
- It's best to store unused condoms in a cool, dry place
- Do not leave it where children will find it and play with it.
- If the condom breaks immediately wash both penis and vagina with soap and water which can reduce the risk of STDs and pregnancy.

### How to use:



1. Open the condom packet at one corner being careful not to tear the condom with your fingernails or your teeth.
2. Put the condom on the erect penis before the penis touches the vagina.
3. Pull the foreskin back if the penis is uncircumcised. Place the condom on the tip of the penis.

4. When you have ejaculated or finished having sex, withdraw the penis before it softens.
5. 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.
6. Wrapped the condom in a paper and throw it in the dust bin.

(Ref. Flip Chart-No.-11, 12, 13, 14)

## 2. 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. It is prescribed after a medical checkup.

Pills are available at government hospitals, PHCs and sub Centre's at free of cost. As well as it is available at Anganwadi workers, ASHA, ANMs, MPW. Also it is available in medical stores but it is not for free of cost.



### How to use pills:

- 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 supplementation.
- For post-partum women can start taking pills after she stops breastfeeding or 6 months after child birth – whichever comes first.

### Advantages:

- Very effective when used correctly.
- No need to do anything at the time of sexual intercourse. It doesn't interfere with sexual intercourse.
- Easily available and easy to use.
- Fertility returns soon after stopping.
- Can be discontinued when a pregnancy is desired
- Gives regular monthly cycles, often with reduced bleeding and pain

**Disadvantages:**

- Must be taken daily, does not work if taken over 12 hours late
- Some women may get slight headache giddiness or nausea. Some may gain weight
- Unsuitable for women over 35 years or those with a personal / family history of heart trouble, liver disease, diabetes, high blood pressure, or unexplained vaginal bleeding
- Requires a medical checkup before or soon after starting it.
- Not recommended for breastfeeding women for at least first six months after delivery.

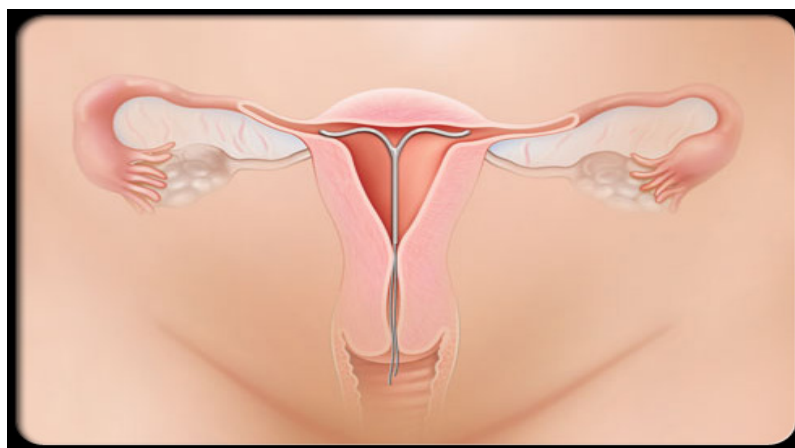
**Myths and misconception about oral pills:**

No	Myths	Dispel myths
1	If taken continuously or excessive can infertility cause.	No. The pill only suppresses ovulation; it does not damage the ovaries. It may take a few months for cycles to return to normal for women who take the pill for longer periods.
2	It leads to irregular menstrual cycle.	It helps to regulate menstrual cycles.
3	Oral contraceptives can cause cancer.	Research shows that pills cannot cause cancer

(Ref. Flip Chart-No.- 15, 16, 17, 18)

**3. Intra Uterine Device**

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. It is effective for 3 to 5 years. It must be inserted or removed only by a trained medical person.

**Advantages:**

- 95-98% effective.
- No interference with sex. Can increase sexual enjoyment because no need to worry about pregnancy.
- The ability to become pregnant returns quickly once IUD is removed
- It is very useful for spacing between two children.

- Once inserted no need to change for 3-5 years or 10years.
- No hormonal side effect.
- IUD has no effect on amount and quality of breast milk.
- Can be use through menopause. (1 year or so after last menstrual period).

**Disadvantages:**

- IUD doesn't give protection against STD/HIV AIDS
- Heavy might experience menstrual bleeding or bleeding between periods for first few months after insertion.
- RTIs can occur if proper care is not taken

**Myths and Misconceptions:**

No	Myths	Scientific reason
1	It goes to heart or stomach.	The IUD normally stays within the uterus. The IUD never travels to any other part of the body.
2	A woman becomes thin and physically becomes weak, not able to do any work, she cannot lift heavy things.	No, it doesn't have any scientific reason.
3	If copper-t is not properly inserted then it touches to penis during the sexual intercourse. it may cause discomfort to women's partner during sex.	The nylon strings attached to the IUD are trimmed to the desired length within the vagina. They do not hang outside the vagina nor are they sharp so as to hurt the penis or cause painful intercourse.

(Ref. Flip Chart-No.-19, 20, 21, 22)

**B. NATURAL METHODS:**

Natural methods include withdrawal and rhythm method.

**1. 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 involved but one can't rely on this method.

**2. Rhythm method**

Rhythm method means, the period when the woman is most fertile by recording her menstrual pattern. Woman is most fertile from the 10<sup>th</sup> to 20<sup>th</sup> 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 (Ref. Flip Chart-No.-23, 24)

**C. PERMANENT METHODS**

## **Permanent methods are of three types:**

### **1. Tubectomy (female sterilization)**

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.

### **2. 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.

### **NSV (No Scalpel Vasectomy)**

NSV (No Scalpel Vasectomy) is permanent surgical methods. The operation involves making a small incision in the skin of scrotum, snipping the vas deference and tying up the ends, thus preventing sperms from reaching the penis. In this procedure no stitches are required.

**(Ref. Flip Chart-No.-25, 26)**

## **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
- Also one can get it from the 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.

**(Ref. Flip Chart-No.-27, 28)**

## **Decision Making**

### **Family size:**

- In our society moreover we see that desire for male child or male sex preference affects family size.
- But if you already have more number of children and if are unable to provide them proper and sufficient food and medical services then they can fall ill and can prone to

diseases but 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. Joint decision will make both partners happy and decision will be fruitful and long term. Hence the communication should be two ways rather than one way.

(Ref. Flip Chart-No.-29, 30,)

#### **Use of family planning methods:**

- Culturally men are considered to be the primary decision makers. Men are expected to have all the information and expertise as well as the financial power to implement their decision. Sometimes women have limited information on reproductive health and contraception. Hence whatever their husband say they accept it and believed it to be correct. Moreover they had been schooled to obey their husbands and agree to whatever they said. Even if they are aware of family planning methods, any discussion or decision regarding contraception use takes place only after the birth of first child, which proved their fertility in society.
- 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. Therefore both should discuss and plan their family. They should have healthy communication among themselves about which family planning method to use and if they have any doubts they should approach to health care providers.
- 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 decision around sexual and reproductive health issues with his wife. A husband should take responsibility by using or supporting his wife's contraceptive use.
- It is important to discuss with your wife how many children you desire before starting your family life.
- Family planning can be used regardless of how many children you already have or want for the future.
- Spacing is essential to the mother and child's health and family planning improves a household's standard of living.
- There are multiple contraceptive methods, and the decision over which one to use, how and when should be agreed upon mutually.
- Family planning will be most effective when both partners are informed and open with each other.

(Ref. Flip Chart-No.-31, 32)



## **Son Preference:**

- In our society the birth of female child is considered to be a burden. People don't want female child because of expenditure on her marriage, dowry. People want male child because not only dowry is saved but also the dowry comes in home.
- It is believe that son is heir of the family and he will be their support in future while girls get married.
- But this is their misbeliefs. Girls and boys both are equal. Daughters are valuable and selective abortion (choosing abortion only if fetus is female) is wrong, and harmful to community health. Selective abortion is not the method of family planning. You do not have to have son to see family success in the next generation.
- The recent sex ratio of India is 940 females per 1,000 males it is because Prenatal sex determination followed by selective abortion of female fetuses. But it is illegal to do selective abortion.
- There is law against selective abortion, which is called as PNDT act.
- The Act is to provide for the prohibition of sex selection, before or after conception.
- for regulation of pre-natal diagnostic techniques for the purpose of :
  - detecting abnormalities
  - metabolic disorders
  - chromosomal abnormalities
  - certain congenital malformations
  - sex-linked disorders
- For the prevention of their misuse for sex determination leading to female feticides and for matters connected therewith or incidental thereto.

(Ref. Flip Chart-No.-29, 30)

## **Responsibility of husband/Father**

- Before becoming father, be a mature and responsible person.
- Discus with your wife regarding how many children to have.
- Wife should have the pregnancy up to the age of 18 to 35 years.
- Keep proper spacing between two children for proper growth, development and good health of children as well as wife.
- Use condom to avoid unwanted pregnancy or support your wife to use other contraceptive method.
- If you feel that your family is completed then go for permanent contraceptive method, you can choose NSV which is easy, simple and painless method.

## **Male involvement in safe motherhood**

- To confirm about your wife's pregnancy, accompany her to go 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 a 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.

(Ref. Flip Chart-No.-33, 34)

### **Role of Mother in Law**

- 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 laws is change then they can easily support family planning methods.
- Mother in laws 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.

(Ref. Flip Chart-No.-35, 36)

### **Summary of first session:**

- A good husband treats his wife equally and also shares decisions concerning sexual and reproductive health issues with his wife, and a husband should take responsibility by using or supporting his wife's use of some method of contraception. It is important to discuss family planning and intimacy with one's wife. Because contraception is a responsibility that should be shared between them. If neither of the partners want sexual intercourse to result in pregnancy, it is essential that both take precautions so that this does not happen.
- Communities can benefit from reduced strain on environmental resources; reduced strain on community health, educational and social services, and improved quality of life for women and children. Spacing is essential to the mother's and child's health, and family planning improves a household's standard of living. Demeaning or discounting one's partner or not listening to their opinions hurts the relationship quality and the family as a whole, and can impact the emotional and physical health of both husband and wife.

(Ref. Flip Chart-No.-40, 41, 42, 43, 44, 45)

### **OFFER CONDOMS**

## Session 2: Husband

### Marital communication and violence

It is important for the husband and wife to get to know each other and to **express respect, affection, and attention** for each other.

It is important during a disagreement to **express oneself clearly and calmly**, and allow one's spouse to speak and express her view.

It is never acceptable to hurt or abuse, physically or emotionally, one's partner. There are **healthier ways to resolve arguments and negotiate or compromise** to reach a solution.

**Good communication habits are the foundation of a successful marriage.** When couples can effectively communicate, overcoming the inevitable marital arguments can be much easier. However, many couples are unsure of what can be done to improve communication within a marriage.

(Ref. Flip Chart-No.-46, 47)

**Following are the few steps to improve marital communication:**

- **Be clear about what you want.** In order to effectively communicate your needs to your partner, you need to do some self-reflection and examine exactly what it is that you want. Your partner is not a mind reader, so the more specific and detailed you can be, the better.
- **Control your emotions.** If you find yourself getting overwhelmed with anger or negativity, it is better to walk away from the discussion to collect yourself than to say something that you may later regret.
- **Listen and try to see things from your partner's perspective.** Taking the time to really listen to your spouse will not only improve communication, but will provide insight into how your partner thinks and feels, which may improve your overall relationship as well.
- **Keep conversations in the present.** Making statements about the past can make people defensive and tends to make the conversation get off track. Instead, stay focused on the topic at hand and how you are feeling right now.
- **Learn the art of negotiation. Marriage is a give and take.** You may need to concede on certain things that are important to your spouse in order for her to concede on things that are important to you. Although it doesn't sound romantic, bargaining can be an effective way to satisfy both of you.

- **Pay Attention to Nonverbal Communication.** Pay attention to your own nonverbal cues and what they might be conveying to your spouse. Observe her nonverbal cues for contradictory messages and point them out for clarification if necessary. For married couples, touch is a potent form of nonverbal communication. Marital physical affection can wane, so couples should make an intentional effort to affectionately touch.
- **Define the issue.** Express your feelings directly and avoid insults and criticism. When your tempers rise, agree to take a break from the conversation and revisit the issue when both of you are calm.
- **Set Aside Daily Time.** During this time, discuss your feelings about each other, your life together and your marriage. Focused, daily discussion can help you and your spouse to celebrate the good things in your marriage and face recurrent issues, allowing your marriage to thrive.
- **Actively Listen.** "Active listening" is listening to the other person and then verbally repeating back what you heard in your own words to make sure you understand. With active listening, you might use phrases such as "It seems as though..." or "I heard you say..." If you and your spouse practice active listening, you can ensure clear communication, and possibly avoid some misunderstandings.

Couples who do not communicate with each other openly, frankly and comfortably will find a loss of sexual interest in one another. Feelings like anger and resentment, feelings of being rejected have a negative impact on sexual feelings.

Many people have difficulties in adjusting to a rewarding sexual relationship because of relatively simple problems such as ignorance or misunderstanding of what to expect or to some degree of unjustified guilt or anxiety. They may benefit from counseling.

(Ref. Flip Chart-No.-48, 49)

#### **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.

(Ref. Flip Chart-No.-50, 51)

## **Violence:**

Violence is defined as physical act of aggression of one individual or group against another. It also refers to behavior which results in humiliation, damage or injury to the other person or which results in someone living in fear of another person.

(Ref. Flip Chart-No.-52, 53)

## **Types of 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.

### **Domestic violence-**

- Making women afraid by looks, action and gesture 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

(Ref. Flip Chart-No.-54, 55)

### **Physical violence-**

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

(Ref. Flip Chart-No.-56, 57)

### **Emotional violence-**

- intentional attempt to make women feel bad
- name-calling or putdowns
- keeping a partner from contacting their family or friends
- Threats made or carried out with the intent of causing financial or emotional injury and blackmail.
- Humiliating and abusing an individual in public and private places.

(Ref. Flip Chart-No.-58, 59)

### **Economic violence-**

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

(Ref. Flip Chart-No.-58, 59)

## **Sexual Violence-**

- Sexual violence can be defined as "any violence, physical or psychological, carried out through sexual means or by targeting sexuality."
- Sexual violence, especially in domestic violence, is usually a result of the expression of power and dominance of one sex over another
- The problem aggravates when men think that their actions are legitimate just because they are married and that they have full control and power over their wives.
- In India, women really do not talk about domestic sexual violence because they do think that their husbands have a right to torture them and rape them and that all they can do is shed some tears.

(Ref. Flip Chart-No.-58, 59)

### **Types of sexual violence:**

There are two types of sexual violence-

1. Physical sexual violence and
2. Non-physical sexual violence.

#### **1. Physical sexual violence-**

- Rape, unwanted touching
- Forced sex within marriage.

#### **2. non-physical sexual violence-**

- Verbal sexual harassment
- Threatening/ Stalking  
Peeping into a person's private room
- Taking nude pictures of a person

### **Consequences of sexual violence:**

The health consequences of sexual violence can be physical or psychological and long term effects.

#### **A. Physical consequences:**

- Unwanted pregnancy,
- unsafe abortion,
- sexually transmitted infections including HIV AIDS,
- Sexual dysfunction, Infertility,
- Pelvic pain and pelvic inflammatory disease,
- Urinary tract infections,
- Genital injury in women.

#### **B. Psychological consequences:**

- Depression,
- Anxiety, Stress,
- Increased substance abuse,
- Suicidal behavior

### **C. Long-term effects:**

- Chronic headache,
- Fatigue,
- Sleep disorder,
- recurrent nausea,
- Eating disorder,
- menstrual pain,
- Sexual difficulties.

(Ref. Flip Chart-No.-58, 59)

### **Gender 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 encompasses:

- a wide range of human rights violations
- including sexual abuse of children,
- rape,
- domestic violence,
- sexual assault and harassment,
- trafficking of women and girls
- several harmful traditional practices

Any one of these abuses can leave deep psychological scars, damage the health, including reproductive and sexual health.

(Ref. Flip Chart-No.-60, 61)

### **Causes of gender based violence can be:**

- Gender-specific socialization and cultural definition of appropriate sex roles
- Expectations of roles within relationships
- Beliefs in the inherent superiority of male
- 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
- Limited access to cash to cash and credit
- Discriminatory laws e.g. inheritance, property rights, use of communal lands
- Limited access to employment in formal and informal sectors
- Limited access to education and training for women

(Ref. Flip Chart-No.-62, 63)

### **What can we do to prevent sexual violence?**

- 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 that person's feelings.

**(Ref. Flip Chart-No.-64, 65)**

### **Summary of second session:**

- Healthy and assertive communication is the cornerstone of a successful marriage. It is important for the husband and wife to get to know each other and to express respect, affection, and attention for each other.
- You should make an effort to develop good habits that will serve your relationship well. It is never acceptable to hurt or abuse, physically or emotionally, one's wife.
- There are healthier ways to resolve arguments and negotiate or compromise to reach a solution.
- It is important during a disagreement to express oneself clearly and calmly, and allow one's spouse to speak and express her views.
- Male support encourages healthy & closer inter-spousal & sexual relationship.
- Gender equality leads to good health of women and consequently the family health, so empower the woman. Marital communication about positive, enjoyable sexuality and about family planning methods will enhance the quality of the marriage and can improve the couple and family's health in the long-term.
- A good husband supports family planning and respects his wife.
- Couples can benefit from family planning because fewer children often means less physical and financial stress—family planning should be associated with better health and wealth.
- A good husband does not engage in abusive, aggressive behaviour, and instead resolves disputes and discusses problems with his wife and family in a thoughtful and respectful way.
- Domestic abuse and sexual violence are incredibly destructive to victims and to others in the community, particularly children.
- While it is natural for family members, particularly if they live with the couple, to want to be involved in the marriage and may have certain expectations of the wife, it is inappropriate and harmful for anyone to pressure, nag, demean, or abuse her. A good husband helps his wife set limits and stands up for his wife in a non-violent and supportive way if others are attempting to control her behaviour.

**(Ref. Flip Chart-No.-66)**

**Offer condoms.**



## Session 3: Couple Session

As third session is couple session, explore that husband has discussed the information, which he got from the first two sessions to his wife. If he has communicated that information then try to have interaction with couple and make sure that she has got right information. If she has any queries then try to clear those queries. And if husband has not communicated this information then brief her about first two sessions in short.

### Summary:

- There are many methods of family planning, and it is important for the husband and wife to decide mutually which one is the best.
- While each method of family planning has its advantages and disadvantages, the ultimate benefit is to give the couple more control over spacing children, which is important for the health of the family, and to preserve financial stability and resources.
- Contraceptive (family planning) methods include the following: *Barrier Methods* (male condom, oral pills, Intra-uterine Devices (IUD)); *Natural Methods* (withdrawal, rhythm method, abstinence); *Permanent Methods* (Male sterilization [Vasectomy], NSV [No-Scalpel Vasectomy], Female sterilization [Tubectomy]).
- Enjoy parenthood by making a choice not by chance. One can decide when to have a child by using any of the existing family planning methods. There are many ways of birth control. Newly married couples may use family planning methods to avoid immediate pregnancy for at least two years. Meantime they can understand each other in a better way and prepare themselves for parenthood.
- Spacing is essential to the mother's as well as child's health, and family planning improves a household's standard of living.
- Healthy and assertive communication is the cornerstone of a successful marriage.
- Marital communication about positive, enjoyable sexuality and about family planning methods will enhance the quality of the marriage and can improve the couple and family's health in the long-term.

### Offer condoms.