

INTRODUCTION

Greetings!

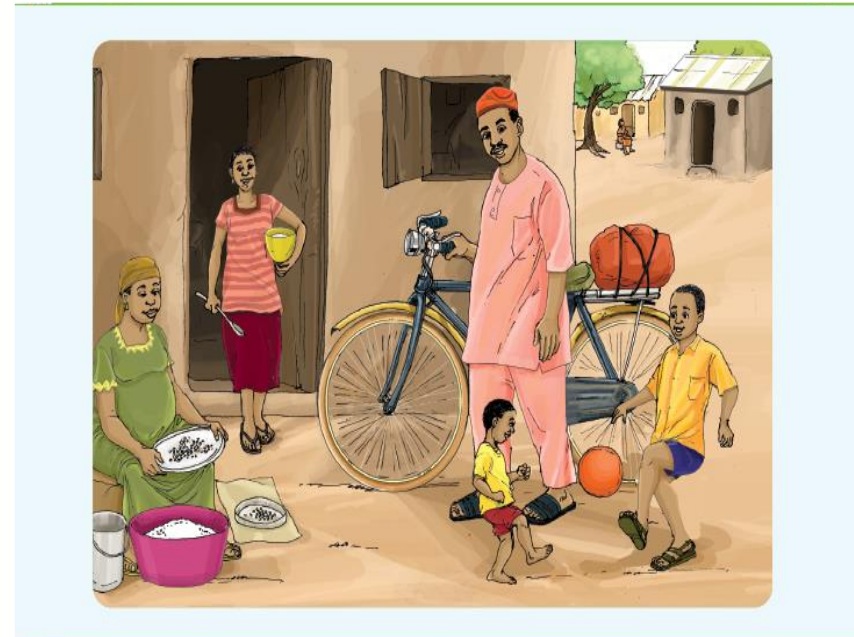
My name is

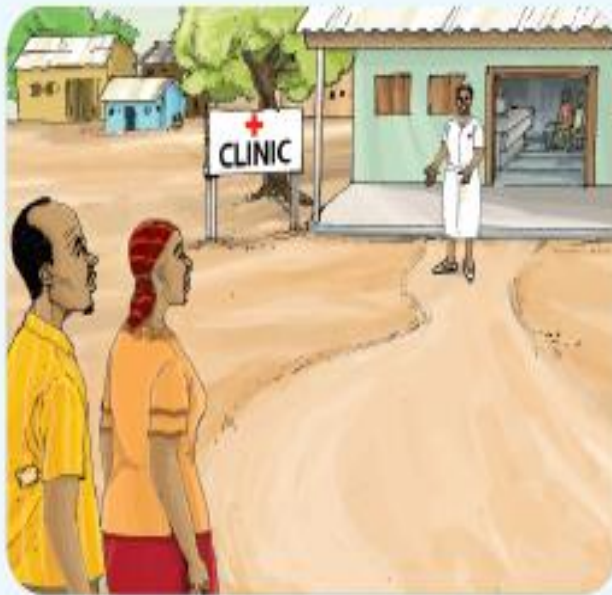
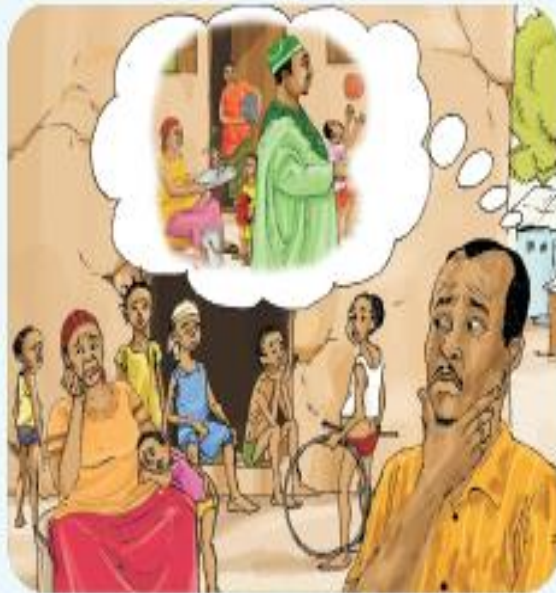
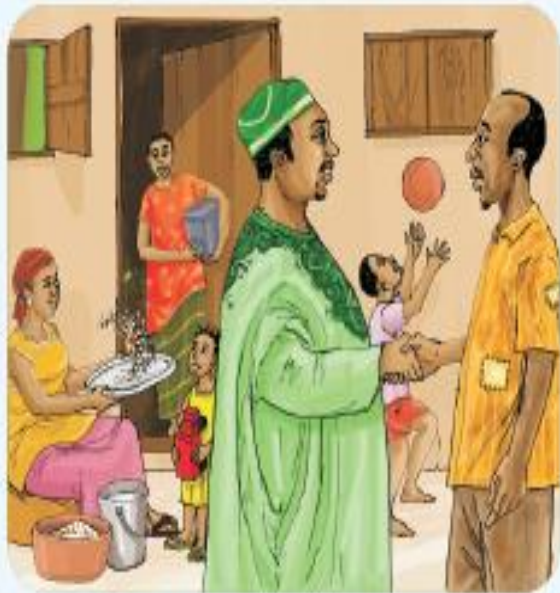
I'm here to tell you about Adolescent 360 project, a new project in your area just for married adolescent girls between the age of 15 – 19.

Do you have 15 minutes to talk? I would like to tell you all about it.

A360 is all about helping married girls gain necessary skills for their Life, Family, and Health.

We give information to men in the community so they are empowered to support their wives live healthy and happy





CHILD SPACING

Say:

A man visited his friend who has a planned and healthy family. He felt unhappy about his unplanned family, so he thought about it and talked with his wife about child spacing. They both decided to go to the clinic and get more information about child spacing

Ask:

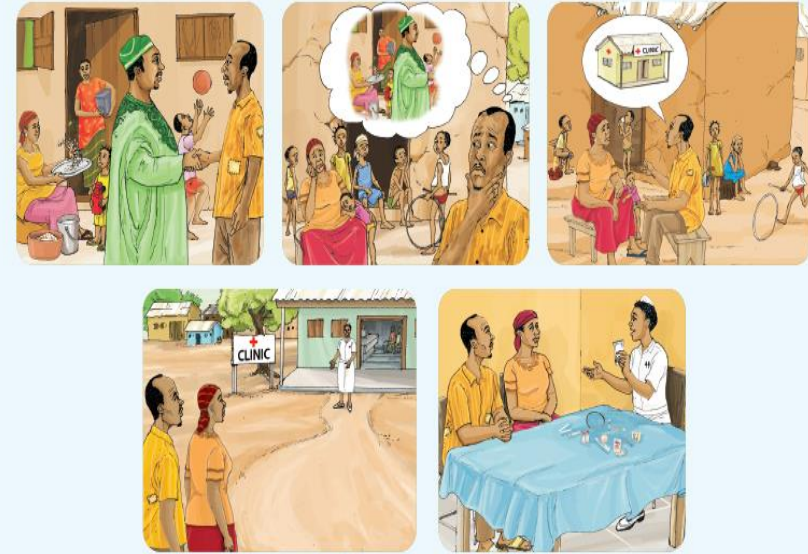
What do you know about child birth spacing?

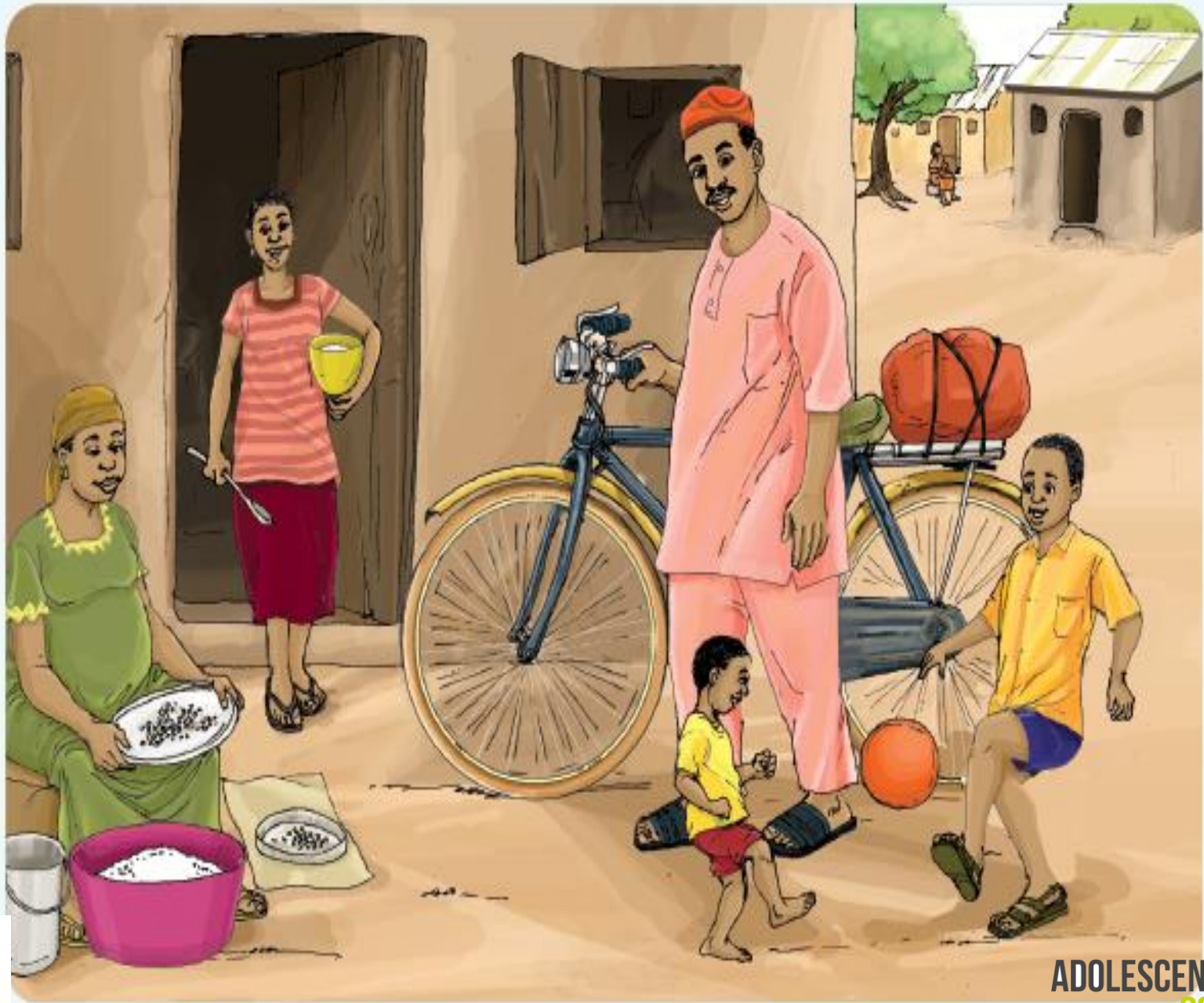
Say:

- Child birth spacing is a decision taken by couples and individuals on when to get pregnant, the number of children to have and the intervals at which to have children (by choice, not by mistake)
- You can access child spacing services in the Clinic near you or ask your wife to join the Matasa Matan Arewa Program

Key Message:

- Discuss with the health provider at the Clinic, before choosing a method that will have little or no side effects on your body
- It is advisable to choose a method **only after** the health provider has talked with and checked your wife
- Visit the Clinic today and talk with a trained health provider





ROLE OF MEN IN CHILD SPACING

Say:

A caring man supports his wife to access quality antenatal care, safe delivery, child spacing services and provides for the family

Ask:

What roles should men play when their wife is pregnant and after the pregnancy?

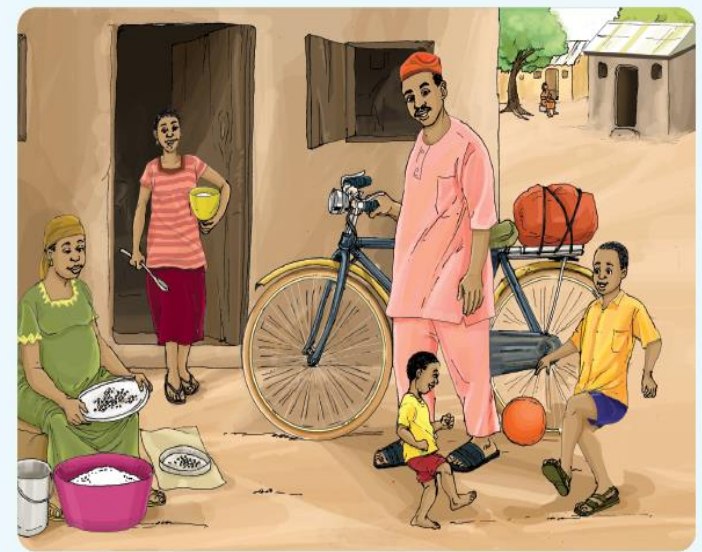
Say:

A man takes care of his wife when she is pregnant, encourages her to start ANC early and ensures she recovers completely after the pregnancy and rest for about 24 months before another pregnancy.

- His wife and children will be healthy, she looks younger and radiant
- The man is able to plan well and provide good food for the family and protect them against diseases like malaria and diarrhea

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Jadelle implants



IUD (intrauterine device)



Injectable contraceptive



Injectable contraceptive



Injectable contraceptive



Combined oral contraceptives



Emergency contraceptives



Condoms (male)



Condoms (female)



Fertility awareness-based methods

MODERN CHILD BIRTH SPACING OPTIONS

Say:

There are the various modern child spacing methods available in Nigeria

Ask:

What type of modern child spacing methods do you know about?

Say:

The modern methods include Implants, IUCD, Injectables, Oral Pills, Condoms etc

There is no 'Best' or 'perfect' method, but there is an effective child spacing method for every young woman. All these methods are available in clinics and pharmacies near you.

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TYPES OF INJECTABLES

To be taken
once every month



once every
2 months



once every
3 months



INJECTABLE CONTRACEPTIVES

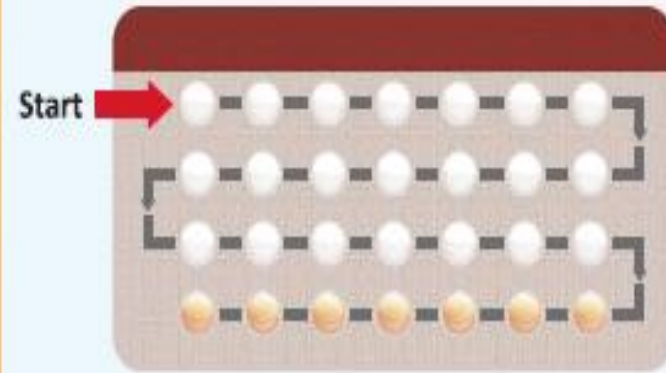
Say:

- Injectable contraceptives are given by a trained health provider to help prevent pregnancy until you are ready
- There are 3 different types to choose from: The one given once every month, or once every two months, or once every three months
- They are very effective and when a woman stops using it, she can get pregnant

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ORAL CONTRACEPTIVES AND CONDOM USE

Oral contraceptives

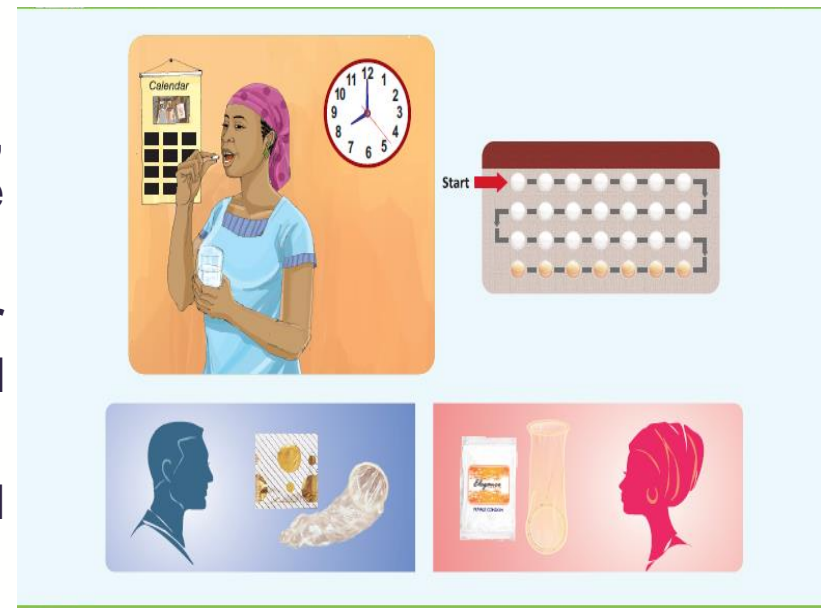
- These are pills taken as one tablet daily for 28 days to prevent pregnancy
- A woman **must always remember** to take her pills **daily at the same time**. They are effective but must be taken consistently
- Whenever a woman stops taking it, she can get pregnant
- To use this method you must go to the clinic to talk with a health care provider

Condom

There are male and female condoms. Those who choose this method must use it correctly and consistently during sex

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INTRA UTERINE CONTRACEPTIVE DEVICE

- IUCD is a method that can be used for a long time
- It is one of the easiest methods to use .It is a small piece of rubber placed in the womb
- You can come back and have it removed at any time the woman wants to get pregnant and after removal she gets pregnant right away.
- It is very effective, and women easily get pregnant when it is removed
- Insertion must be done at the Clinic by a trained health provider

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IMPLANTS

- An Implant is a flexible rod inserted under the skin in the upper arm of the woman
- It contains hormone that is released slowly into the body to prevent pregnancy
- It is one of the easiest methods to use
- You can come back and have it removed **any time** the woman wants to get pregnant
- It is very effective, and women easily get pregnant when it is removed
- Insertion must be done at the Clinic by a trained health provider

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