

CASE STUDIES: WHAT WOULD YOU DO?

Purpose: To have participants identify some strategies for communicating/negotiating with their partner about contraception in tough situations.

Materials: Facilitator Resource: *Case Studies*

Time: 35 minutes

Planning Notes:

1. There are three case studies to choose from in this activity. Read them and choose one that would be most relevant for your group.
2. Each case study is followed by some notes that you can use to help guide the discussion. The notes offer suggestions for good birth control options for the various couples. However, it's important to find out what your participants think and to offer these suggestions only if they don't come up from the group.

Procedure:

1. **Introduction of Activity (1 minute):** Give the following directions:
 - We're going to discuss a case study that deals with some of the tough issues and situations that couples face when they are trying to get on their feet financially.
 - I'll read the case study and then read some options for what the couple might decide to do.
 - You'll decide which option you would choose and why.
2. **Case Study (12 minutes):** Read the first case study you've chosen. As you read the possible options for this couple, designate positions in the room to correspond with each option. Or if you'd like, create signs for each position. Ask participants to move to the position in the room that corresponds with the option they think is best. Make it clear that it is OK if couples disagree about the option that they think is best.

Once participants have placed themselves in the room, give them a minute or two to talk to the other people standing with them about why they chose this option. The folks who chose "other" should explain what they would do and why. After a couple of minutes, ask each of the groupings to explain why they chose their option. When each option has been discussed, ask people to take their seats. Ask the discussion questions for the case study you've chosen. Get participants' reactions and use the notes to make additional points only if they don't come up during the discussion.

3. **Role-play (10 minutes):** Tell the group that you'd like to have a role-play that shows a conversation between the couple in the case study. The goal is to have one partner begin a conversation about how to move forward and avoid any future problems or accidents. Have participants brainstorm points that each partner could make in the conversation and then ask two volunteers to perform the role-play. After the role-play, ask the actors how they thought things went. Ask the group to give them some feedback about what they did well and want they could have done differently.
4. **Wrap Up (2 minutes):** Wrap the activity up by making these final points:
 - Most mothers come home after giving birth on a method of birth control; that is a great oppor-

tunity to begin this planning process. Male partners can help by getting involved in pregnancy planning as early as possible.

- Link your financial and family goals to your daily motivation to prevent or postpone pregnancy: “We have to keep saving money. Let me put the condom on for you.”
- Drinking and getting high greatly reduces your ability to be consistent with methods like condoms, which require careful use.
- Emergency contraception is available if you slip up or have an accident. It should not be used as a regular method—it’s a last resort... but it is there as a back-up.