

## PLANNING FOR CHILDREN II

### GOAL FOR THIS SESSION

To enable couples to get on the same page (create a shared vision) about if or when to have another child and the use of contraception to achieve this goal.

### OBJECTIVES

By the end of this session, participants will be able to:

1. Differentiate between myths and facts about birth control methods.
2. Identify some strategies for communicating/negotiating with their partner about contraception in tough situations.
3. Create a plan for timing any future pregnancies in order to reach family goals and achieve family stability.

### SESSION-AT-A-GLANCE

Activities & Sequence	Objectives <i>Couples taking part in the activity should be able to...</i>	Time	Materials <i>FR = Facilitator Resource H = Handout</i>
<b>Myths &amp; Facts About Birth Control</b>	Differentiate between myths and facts about birth control	45 min	<ul style="list-style-type: none"> <li>• Myth/Fact Statements (FR)</li> <li>• Contraceptive Methods (FR)</li> <li>• Birth Control Methods (PPT Handout)</li> <li>• Birth Control Facts (H)</li> </ul>
<b>Case Studies: What Would You Do?</b>	Identify some strategies for communicating/negotiating with their partner about contraception in tough situations	35 min	<ul style="list-style-type: none"> <li>• Case Studies (FR)</li> </ul>
<b>Partner Conversations: Making a Plan</b>	Describe their plan for preventing pregnancy	40 min	<ul style="list-style-type: none"> <li>• Planning for Children Post-Survey (H)</li> </ul>