



Rating Contraceptive Methods

Title Which one is for me?

Target Audience Foreign domestic workers, women, members of civil society, organisations

Objectives

1. To increase awareness of different methods of contraception amongst foreign domestic workers.
2. To help foreign domestic workers choose the most appropriate and safest method of contraception for themselves.

Materials

1. Samples and/or pictures of different contraceptive methods: (you may want to include methods that are not necessarily available for women in the area for discussion later).
2. The pill, Depo Provera, NORPLANT
3. Diagrams illustrating sterilisation (men and women), condoms, diaphragm, sponge
4. IUD, emergency contraceptive pill, rhythm method.

Time Needed Minimum of one hour, maximum of two hours

Pre-training please prepare the chart below:

Make a chart (on a large piece of paper) with some of the most common methods of contraception and some categories. Leave some columns blank so you can add to it.

Contraceptive Ranking Chart:

	Cost	Side effects	Convenience/ Availability	Protection from pregnancy	Protection from HIV/ STIs	Enjoyment	Total
	10 = free 1 = expensive	10 = none 1 = unpleasant	10 = very convenient and accessible 1 = not convenient	10 = 100% protection 1 = no protection	10 = 100% protection 1 = no protection	10 = makes sex more fun 1 = makes sex less fun	
The pill							
condoms							
depo							
etc							

You can also prepare photo copied sheets of this sample matrix.

Method

Warm-up. Below is an icebreaker activity to help the participants feel more comfortable about discussing sexuality.

Activity: **LINE ACCORDING TO...**

1. Tell the women to form a line
 - a. From shortest to tallest.
 - b. From youngest to oldest
 - c. From skinniest to stoutest
 - d. From who has the least number of children to who has the most number of children

(You can make up your own categories, choosing funny categories about sex and sexual partners if the group is already warmed up and willing to participate in the activity)

Activity: **RANKING EXERCISE**

1. Ask the participants what kind of contraceptives they know about and/or use.
2. Tell the women to shout out the different contraceptives. Present real samples or a picture of each contraceptive method as they name it (also write down the different contraceptives they mentioned on the board).
3. Ask the participants how they choose which type of contraceptive to use.
4. Ask each participant if she always uses the same contraceptive. Ask if she has ever used a different method. With different people does she use different methods? What influences their choices?
5. Put the Contraceptive Ranking Chart on the wall. Add other categories if necessary/suggested by the women.
6. Tell the group, "We are going to find out what the best form of contraceptive is. We will rank contraceptives by these categories. 10 means very good, 5 means so-so, and 1 means very bad."
7. Start with column one, looking at cost and go down the list of contraceptives ranking each—maybe the pill is quite expensive, rating 4; while condoms maybe distributed free, rating 10. Continue until all types of contraceptives are rated and ranked.
8. Go through each category like this. Different women may have different opinions so make sure to give each

woman a chance to explain her rating. But keep the activity lively and fun.

9. At the end, add up the totals and discuss the methods which have the highest score (the best performance) and those which have the lowest scores (the worst performance). Often the sterilisation of men will come out with the highest rank; discuss this topic with caution. Are some of the columns more important than others? Is protection from HIV more important than cost?
10. You may want to give out a photocopy of this exercise and have the women fill in the table individually. Depending on the group, participants should share ratings in groups of two, three or four and/or with the whole group. You should decide the best way to get women to discuss this topic openly and without fear or shyness about contraceptives and sex.

NOTE:

Many questions about contraceptives or sexuality may arise from this session. You can either discuss the questions at some other time or address them immediately after this session. Make sure that you have another session with the group within a week to follow-up on the issues. Make yourself available immediately after the session for participants with individual queries or concerns.