

OPEN UP



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Instructions.

ROUND 1

In this round, you should get to know your partner.

Each card is numbered; please use the cards in order. If you think any cards are missing, please ask your facilitator.

Both the young person and the provider should answer each question, taking just 1 or 2 minutes each.

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The Pledge.

Each participant must read this aloud to the other participant, as a commitment to an honest and open dialogue.

I commit to an open, honest and respectful dialogue.

I pledge to truly see you and hear you.

I will keep what you tell me private and confidential.

I will keep an open mind to understand and respect you as a whole person.

Both participants must read this aloud to one another.

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Get to know your partner

Where did you grow up?

What kinds of things do
you enjoy doing?

Both participants should answer.

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Get to know your partner

What do you love most
about yourself?

Both participants should answer.

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Goals

Name two things you would you like to achieve in the next two years.

What, if anything, would stop you from achieving them?

Both participants should answer.

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Random

Who in your life inspires you, and why?

Both participants should answer.

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Priorities

How important is it to
get married?

Both participants should answer.

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Relationships

How should a partner who loves you, show you they love you?

Both participants should answer.

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Relationships

Should there be separate roles for men and women in a household?

Why or why not?

Both participants should answer.

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Relationships

What is a good age to get married? Have a first child?

Is this different for young men and young women? Why?

Both participants should answer.

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Sex & Pregnancy

Why might a young woman worry about having an unplanned pregnancy?

How is this the same or different for young men?

Both participants should answer.

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Consent

Do you think it can be unsafe for a young woman to say “no” to sex?

If yes, in what situation?

**Both participants should answer.
Young person should answer first.**

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Religion

How does religion affect your personal relationships?

How does it impact your thoughts about family planning?

Both participants should answer.

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Relationships

Who first talked to you about things like puberty, relationships and family planning?

What did you think of their advice?

Both participants should answer.

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Instructions.

ROUND 2

In this round, please read the sentence below each question, which tells you who should answer.

Each card is numbered; please use the cards in order. If you think you are missing a card, ask your facilitator.

Spend just 2-3 minutes on each card.

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Your best experience

What was the best
health care experience
you've ever had?

What made it so good?

Both participants should answer.

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Your worst experience

What was the worst health care experience you've ever had?

How did it make you feel?

Both participants should answer.

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Family & Friends

What do your family members and friends think about family planning?

Do you agree with them?

Both participants should answer.

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Family planning

When can young people use family planning methods (like condoms, the pill, implants etc.)?

Do young people need others' "OK" to do so?
Explain your answer.

Both participants should answer.

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Healthcare decisions

If you choose to go to a health center, how much “say” does your partner/husband/wife have in your decision?

Both participants should answer.

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Seeking information

If you had questions about family planning, who would you ask/ where would you go first?

Why?

Only the young person should answer.

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Healthcare provider's goals

At a healthcare provider's best, what are his/her goals and duties to a client during a visit?

Both participants should answer.

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Ideal Consultation

Describe an ideal family planning visit between a provider and a client.

Both participants should answer.

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Family planning

After a family planning visit, how should a client feel leaving the room?

Both participants should answer.

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Youth-friendly services

When you were younger, did you feel comfortable going to a health center or pharmacy?

Why or why not?

Only the provider should answer.

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Serving Youth

Are family planning services given to youth clients different from those given to other clients?

Why or why not?

Both participants should answer.

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Your healthcare experience

What questions do you wish a provider would and would not ask you during a family planning visit?

Why?

Only the young person should answer.

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Youth-friendly services

Give three words or elements that define “youth-friendly health services.”

Both participants should answer.



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Instructions.

ROUND 3

In this round, please read the sentence below each question, which says who should answer. Spend 4 or 5 minutes per card.

Each card is numbered; please use the cards in order. If you think cards are missing, ask your facilitator.

At the beginning of the deck, there are several 'Scenario' cards. Both participants should listen to the situation being described, and respond to the questions.



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SCENARIO

Diane, 16, has been dating her boyfriend for 2 years. They started having sex recently and use condoms, but Diane is interested in trying different methods. Diane and her boyfriend go to the pharmacy but the provider tells them that Diane needs to come with a parent or guardian before she can give the couple any information or services.

How might Diane and her boyfriend feel before, during and after the visit?

What went “wrong” here?

What could the provider do differently?

Both participants should answer.



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SCENARIO

Amina, 19, goes to a clinic to learn about family planning services. While in the waiting area, she hears a healthcare provider shouting at a young woman in the consultation room, saying the girl must be a “prostitute” to be using family planning methods at her age. Amina decides to leave the clinic.

How did Amina feel, during and after this experience?

What do you think might happen next for Amina?

What could have gone differently?

Both participants should answer.



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SCENARIO

17 year old Mercy, deaf, goes to her local health center. She is having complications with her period and is curious whether having sex with her boyfriend has affected her menstruation. Mercy did not bring her mother with her, because she's worried that her mother will find out that she is sexually active. The providers at this health center do not know sign language.

What might make Mercy feel alone or uncomfortable in this visit?

What can health facilities or providers do to help now, and in the future?

Both participants should answer.



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SCENARIO

Francine, 18, goes to the local clinic for her third Depo injection. Her mother supports her and goes with her. On arrival, they meet a new provider, who speaks directly to Francine's mother: "Is your daughter having a lot of sex? She's way too young to have had three shots already!" Her mother smiles, embarrassed, and says nothing.

How do you think Francine feels during and afterward? Her mother?

What could have gone differently?

What could the provider do differently next time?

Both participants should answer.



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SCENARIO

Samantha, 22, has been using oral contraceptive pills to prevent pregnancy and regulate her periods.

However, she finds it difficult to remember to take them on time and every day. She is curious about other methods. She goes to the health facility, and the nurse who greets her says she knows her mother. This makes her uncomfortable!

What do you think is going through Samantha's mind?

What should the provider do during and after the session?

Both participants should answer.



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SCENARIO

Justine, 15, woke up feeling sick and fears she is pregnant. She decides to skip school and go to the clinic. Her boyfriend cannot know she is here - he would leave her if he thought she were pregnant, but also says family planning (FP) methods make women unfaithful. Finally, a provider greets her. She asks Justine gently when she last had sex and helps her see that she is probably not pregnant due to her menstruation cycle. The provider talks through a few FP methods, and Justine decides to leave, considering getting an IUD.

How do you think Justine felt before, during and after this visit?

Is there anything that should have been done differently? Why or why not?

Both participants should answer.



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SCENARIO

Ali, 17, decides to experiment with sex for the first time. He asks Koffi, an elder in the neighborhood with whom he gets along very well, for advice on how to go about it. Koffi, after scolding him, tells Ali's parents, who punish him severely.

Ali ends up having his first sexual intercourse and hears from friends that he could have gotten his partner pregnant. He goes to a health center for advice.

What should the provider who meets with Ali do?

How should Ali feel leaving the health center today?

Both participants should answer.



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SCENARIO

Discuss a scenario (positive or negative) that you or someone you know has experienced, that involves a young person going for a family planning visit.

What made this visit go well or not well?

If it was a bad experience, what could have made it better?

Only the young person should answer.



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**Now that you have
read the scenarios
and imagined
what might be,
let's think about
*what can be.***

In this card deck, please read the sentence below each question, which says who should answer.



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Learnings

Thinking about your conversations in Rounds 1 and 2, and 3, name three things that might impact a young person's family planning decisions.

Only the healthcare provider should answer.



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Identifying gaps

Considering today's conversations, what youth family planning service delivery gaps have come up?

Only the healthcare provider should answer.



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Addressing needs

What makes it difficult to understand or address young clients' family planning needs?

How can they be addressed, and what is your role in addressing them?

Only the healthcare provider should answer.



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Considerations

Based on your discussions today, what aspects of young people's lives are not always considered in a family planning consultation, but should be?

Only the healthcare provider should answer.



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Considerations

How will your experience today impact how you counsel young clients in the future?

Only the healthcare provider should answer.



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Reflection

What is one thing you will take away from your experience here today, and with whom will you share this?

Both participants should answer.



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Reflection

What is one thing you hope your Empathways partner will take away?

Both participants should answer.



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FINAL REFLECTION

FOR PROVIDERS

Make a commitment to yourself of what you will do with your increased empathy for your young clients.

Complete these sentences:

Starting tomorrow, I will...

Within one month, I will...

Stuck? Ask a young person or your colleagues for help!