

CHAPTER V:

Gender Dimension of Contraceptives

Expected Outcomes

Participants will become aware that men and women have different needs and expectations from a contraceptive method.

Participants will learn to choose a contraceptive method that is mutually beneficial to the partners.

Sweet Dreams Are Made Of These!

Objectives To explore the gender dimension of contraceptives. To explore the qualities of an “ideal contraceptive.”

Materials Flip charts, crayons, markers.

Time 1 hour.

Process Invite the participants to sit in a circle.

Ask them if they have heard about contraceptives. If yes, what are the methods known to them?

Explain that this session is aimed at imagining the “ideal contraceptive” and exploring its existence.

Ask the participants to divide into 2 groups – men and women separately.

Give 10 minutes to the groups to come up with a list of “ideal contraceptive” qualities i.e. the kind of contraceptive they would like to use.

Ask the groups to make their presentations.

Facilitate a discussion based on the following questions:

- *What are your observations about the presentations?*
- *What differences do you notice in the presentations?*
- *Do you know of any contraceptive that matches or comes close to the qualities discussed and presented?*
- *How do you feel about using contraceptives?*
- *What could be the possible consequences/benefits of contraceptive use?*

Notes for the Facilitator

Usually men and women desire different kinds of contraceptives for different reasons. Explore the gender dimension of contraceptives through this exercise. You can use the outputs from the previous exercise to enhance the quality of the discussion. Perhaps the participants will want to make changes to the materials they designed for awareness generation based on the insights they gain from this exercise.