



### Reproductive Coercion and Domestic Violence related information:




Service	Description
Domestic Violence (DV)	<p><b>Script if the answer is YES:</b> Thanks for sharing with me. I know how difficult it is to share about such a situation. You have the right to enjoy a safe and nonviolent relationship. We can refer you to Women Friendly Space (WFS) or to a health center to receive services in such situations.</p> <p><b>Script if the answer is NO:</b> It is nice to know that you did not have to go through such relations so far. Though I don't expect such things to happen to you, if any such thing happens to you, you can share those with Women Friendly Space or with a health center and seek help from them.</p>
Service places	If you or any of your known persons are suffering from such situations where husband or family members behave like this you can communicate with the address mentioned in the information card and you can share these information with other women.
Information card	This information card contains the information on where to get services on family planning, MR and abortion, reproductive coercion and domestic violence. Many women and their known persons have been benefited from the information mentioned in the information card. All women don't feel safe to keep the information card with them. So, it is up to you whether you want to keep this with you or not.




## Family planning method related information

Name of method	Description	Method of own choice, ways of uninterrupted self use on own need	Picture
IUD	<p>IUD or copper-T is a long term temporary birth control method for women. A 'T' shaped copper material is inserted into the uterus. This is a method without hormones which helps in birth spacing for 10 years. All women of reproductive age can use this method who have at least 1 live child.</p> <p>IUD can be removed at any time with the help of a trained health service provider and can be conceived immediately after removal of IUD.</p>	<p>The IUD method can be used easily by one's own needs uninterruptedly. While applying this method health workers will cut the cord of the IUD in short (usually 3-4 centimeters and in special cases 2-3 centimeter) or the cord will be wrapped in fornix. As a result, the husband/partner will not feel the existence of the cord during intercourse. You don't need to let others know this. When your husband/partner or family members are away or you stay in other places other than your inlaw's house (such as your parental home) or you can mention about sickness of your child, if you have a child and you can go to Women Friendly Space (WFS) to receive IUD method from there.</p> <p>Your husband/partner or family members can pursue you to remove the IUD if they come to know about the method. If your husband/partner or family want you to remove the method and you are unwilling, you can tell them you have removed the method, though you did not.</p>	
Implant	<p>Implant is a long term temporary method for women. This is inserted inside the skin of the woman's arm. This method helps in birth spacing for 3 and 5 years. All women of reproductive age including newly married women can receive this method.</p>	<p>Implant can be used easily by own uninterruptedly on own need. But, it is easier to notice than other methods. Sometimes there is a slight possibility of a swollen arm/hand after receiving the implant. In this case long sleeve shirts can be worn so long swollen is not lessened. Again, in some cases a small sign or spot of implant remains in the arm. In this case it can be mentioned that there was a cut or abscess that has been removed.</p> <p>Also you can use a small bandage and remove that after the spots are gone. You can stay in other places other than the inlaw's house after receiving the implant (for 3-4 days). Most importantly, never tell anyone about the implant. If the implant method is known to your husband/partner or family members and they suspect, it is not appropriate to use without informing them.</p>	

Information guidelines for community health workers on family planning methods and support services on violence

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Injection	<p>Injectonal is a short term temporary birth control method for women. A woman receives this method in her arm (hand).</p> <p>Injection is for the period of 2 to 3 months. The method is easy and can be taken within a short time to maintain privacy.</p> <p>All women of reproductive age can use this method if they have at least 1 live child.</p>	<p>Birth control injection can be used easily by own uninterruptedly on own need. You will have to visit every 3 months for an injection. When your husband/partner or family members are away or you stay in other places other than your inlaw's house (such as your parental home) or you can mention about sickness of your child or your own sickness, if you have a child and you can go to Women Friendly Space (WFS) or a health center to receive injection from there.</p> <p>You can hide the injection card in a convenient place for you (handbag, box or with other prescriptions, fence gap, cloth fold). Also if you need you can write the next visit date in a white paper. There will be no mark in your body for receiving injection which can be visible to others.</p>	
Mixed oral pill (e.g. Shukhi)	<p>Oral pill is a short term temporary birth control method for women.</p> <p>All women of reproductive age can use this method and can conceive again if they leave taking the pill.</p>	<p>Birth control oral pills can be used easily by own uninterruptedly on own need. But in some cases it becomes difficult to take without informing the husband/partner or family members. You can keep the oral pills for your need in such a place which your husband or family members cannot see (such as handbag, box, with other medicines, fence gap, cloth fold). You can take the pill when your husband or family members are absent or cannot see. But if they see you can say this pill is not for birth control, you are taking that for other reasons (such as irregular menstruation).</p>	
Progesterone enriched oral pill (e.g. Apon)	<p>Mothers can use this method who are following exclusive breastfeeding up to 6 months of age of the child. This pill can be taken if the youngest child's age is below 6 months and the mother is breastfeeding.</p> <p>Can be conceived again if they leave taking pill.</p>		

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Name of method	Description	Method of own choice, ways of uninterrupted self use on own need	Picture
Condom	<p>Condom is a safe short term temporary birth control method for men.</p> <p>All men can use condoms.</p>	Condoms for men cannot be used by own uninterruptedly on own need. Because, only the husband will use this.	
Service places	Visit nearby Women Friendly Space (WFS) or health center to know the appropriate method for you and receive that.		

Reproductive Coercion and Domestic Violence related information:

Service	Description
Reproductive Coercion (RC)	<p>Unfortunately, many husbands/partners are unwilling to allow women to do family planning/MR, though women need those. For example, the husband can ask to stop using the birth control method or he can throw away the method though the wife needs that. Or, a husband can force his wife to use a birth control method though she doesn't need to. Also, some husbands force their wives to do MR though they wives) wishes to conceive. Or, a husband can prevent his wife from doing MR though she doesn't need to conceive. For example, husbands and family members can forcibly take her to the health center to do MR though she wants to continue the pregnancy. Or, husband and family members can prevent her from visiting Women Friendly Space so that she cannot do MR. Are you in such a situation at present where your husband and family members behave like this?</p> <p>Script if the answer is YES: Thanks for sharing with me. I know how difficult it is to share about such a situation. Whatever your situation is, you have the right to control your reproductive condition. We can refer you to Women Friendly Space (WFS) or to a health center to receive services in such situations.</p> <p>Script if the answer is NO: It is nice to know that you did not have to go through such relations so far. Though I don't expect such things to happen to you, if any such thing happens to you, you can share those with Women Friendly Space or with a health center and seek help from them.</p>
Domestic Violence (DV)	<p>Some women become victims of misbehavior/violence from their husbands/partners or family members. For example, victims of physical abuse by husband or family members / rebuked – misbehavior or become victims of forced sexuality or sexual behavior against will.</p> <p>We discuss all these things with our service recipients. If any woman needs help in preventing domestic violence we help her with necessary information. Are you at present in such a situation where your husband/partner or family members behave like this?</p>