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# **SBCC Materials to Spark LARC Conversations Among Youth and Providers**

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# SBCC Family Planning Tools

**Staying Healthy,  
Organized and Beautiful!**



Using family planning methods can help a woman stay healthy and maintain her youthful energy!

Families who practice a modern family planning method can stay well organized and thrive!



**Urban Adolescent Sexual and  
Reproductive Health  
Social and Behavior Change Communication:  
An Implementation Kit**

**Smart Clients for Birth Spacing:  
An mHealth Tool of “Dreams”**



# Long Acting Reversible Contraceptives (LARCs)

- LARCs underutilized or inaccessible by youth

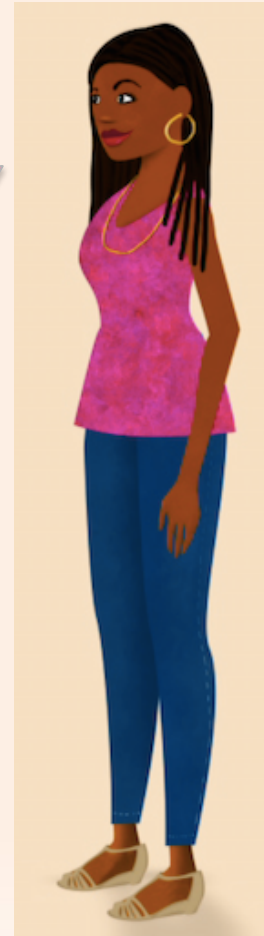
## Barriers:

- Lack knowledge of LARCs
  - highly effective, convenient, cost-effective
- Attitudes and Beliefs
  - age eligibility, parity, safety, side effects
- Youth uncomfortable with and distrust providers
- Providers lack skills with method and communication

How can I  
help you?





What  
are  
LARCs?





# LARC SBCC Tools

Audience	Objectives	SBCC Tools
	<ul style="list-style-type: none"> <li>• Increase acceptance that LARCs appropriate for youth</li> <li>• Increase discussion with youth</li> </ul>	<ul style="list-style-type: none"> <li>• Video</li> <li>• Discussion Guide</li> </ul>
	<ul style="list-style-type: none"> <li>• Motivate youth to talk with a healthcare provider about LARCs.</li> </ul>	<ul style="list-style-type: none"> <li>• Posters</li> <li>• Brochure</li> </ul>

# Provider Video

- Friendly role model Maria
- Reflect on their youth
- Achieve dreams
- Choose method that fits
- LARC benefits
- Provides 4 tips:
  - Be Client Centered
  - Start with LARCs
  - Provide Same Day Service
  - Promote Dual Method



# Video

Talking About  
**LARCS**  
With Young Clients:  
A Video for Providers



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# Video Discussion Guide



## Talking about LARCs with Young Clients Video Discussion Guide



April 2016





# Video Discussion Guide



## Group Discussion

### Objectives

- Teach participants about the safety, efficacy and benefits
- Guide participants to explore their own attitudes and perceptions about LARCs. Encourage participants to practice counseling young people about LARCs, in a safe and non-judgmental environment
- Support participants counseling young people about LARCs

**Time required:** 60 minutes or more



## Role Play

### Objectives

- To review effective verbal and non-verbal communication skills used during contraceptive counseling sessions
- To provide the opportunity for participants to practice counseling young clients about contraception, including LARCs
- To improve providers' confidence and skills in talking with young people about LARCs



# Posters

Not ready to get  
**pregnant?**



Think about an IUD or Implant



INTRAUTERINE DEVICE  
(IUD)



IMPLANT

The IUD and implant can help you wait until you are ready to start a family.

IUDs and implants last a long time, are easy to use, and are the most effective pregnancy-prevention methods. IUDs and implants are safe for women of all ages, even for young women who have not had a child or are not married.

**Talk with a healthcare provider today about finding the right contraceptive method that fits your life.**

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# Posters

## My IUD means:

- ✓ Less to worry about.
- ✓ More to dream about!

An IUD could be the right contraceptive choice for you:



INTRAUTERINE DEVICE (IUD)

- Safe & Effective for all ages
- Private — Can't be seen or felt
- Easy — Quick insertion by a trained provider
- Removable when you're ready to get pregnant
- Long-acting protection against pregnancy

Talk with a healthcare provider today about finding the right contraceptive method that fits your life.

Achieve your  
**dreams.**



Think about an IUD or Implant



INTRAUTERINE DEVICE (IUD)



IMPLANT

An unintended pregnancy can detour your dreams.

Long-acting reversible contraception, like the IUD or implant, is safe, effective, and can help you live the life you plan yourself.

Talk with a healthcare provider today about finding the right contraceptive method that fits your life.

# Posters

Make good decisions  
**together.**



Think about an IUD or Implant



INTRAUTERINE DEVICE  
(IUD)



IMPLANT

As you plan your future together, talk with a healthcare provider about the birth spacing method that is right for you.

IUDs and implants are the most effective methods, and are safe for women of all ages, even if they have not yet had a child.

**Talk with a healthcare provider today about finding the right contraceptive method that fits your life.**

Make good decisions  
**together.**



Think about an IUD or Implant



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(IUD)



IMPLANT

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# Brochure



# Brochure - inside




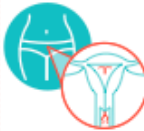


IUDs and implants are **the most effective** contraceptive methods.

If using an IUD or implant, **99 women in 100** will be protected from unintended pregnancy.



## 6 Reasons to Think About an IUD or Implant

- 1 **Safe** for young women, even those who have not had a child or are not married
- 2 **Effective** at preventing pregnancy
- 3 **Private** — not visible to others
- 4 **Convenient** — no daily pills to take or injections to schedule
- 5 **Removable** when you're ready to get pregnant
- 6 **Long-acting** protection against pregnancy

	What is it?	What does it do?	Where does it go?	Can it be removed?	Are there side effects?
 <p><b>IUD</b> (intrauterine device) Such as "Copper-T"</p>	A small, T-shaped piece of <b>soft plastic</b> .	Provides protection against pregnancy,* and stays where placed for up to <b>12 years</b> , depending on IUD type	 <p>Carefully inserted into the <b>uterus</b> by a trained health provider</p>	<b>Yes.</b> When the IUD or implant is removed by a trained health provider, a woman can become pregnant right away.	Side effects are common, but some women do not experience them. They are not a sign of illness and are often manageable. Talk with a healthcare provider to learn more.
 <p><b>Implant</b> Such as "NXT"</p>	One or two <b>small, flexible rods</b> , about the size of a matchstick	Provides protection against pregnancy,* and stays where placed for <b>3 to 5 years</b> , depending on implant type	 <p>Carefully inserted into the inner side of either <b>upper arm</b> by a trained health provider</p>		

\*IUDs and implants protect against pregnancy, but they do not protect against STIs or HIV. A condom should be used with an IUD or implant to prevent these infections.



"When we first got together, I wanted something easy to use, so I got an IUD. When we were ready, I had the IUD removed, and now we have our beautiful baby." *Fatima, 23 years old*



# Brochure

Today there are many  
contraceptive methods  
to choose from.

Long-acting reversible contraceptives  
(LARCs), like the IUD or implant, are the  
most effective methods. They can help  
you live your dreams and wait until you  
are ready to start a family.



IUD  
(INTRAUTERINE  
DEVICE)



IMPLANT



Talk with a  
healthcare  
provider today  
about choosing the  
right contraceptive  
method for you.

"My best friend  
has an implant  
and is happy  
and worry-free.  
That's why I  
want to find  
out more."

Irene, 19 years old



For more information, go to  
[www.healthcommcapacity.org/LARCS](http://www.healthcommcapacity.org/LARCS)



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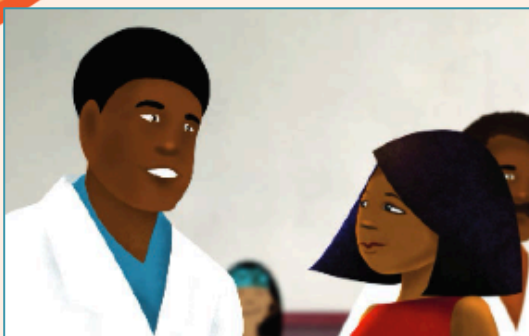


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# Next Steps

- Share:
  - [www.healthcommcapacity.org/LARCS](http://www.healthcommcapacity.org/LARCS)
    - Provider Page
    - Client Page
  - ORB
- Springboard conversation:  
[healthcomspringboard.org](http://healthcomspringboard.org)
- Develop additional tool for youth

