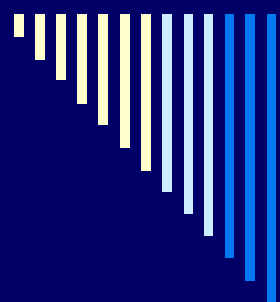


As long as I have one

Reproductive decision-making

Soul City

November 2009



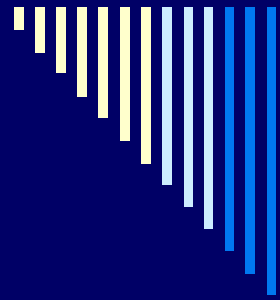
Formative Research

□ Objectives:

- How people make decisions about their reproductive health

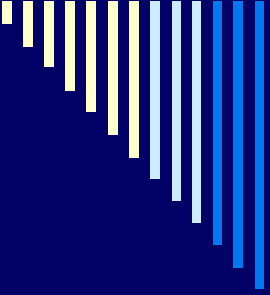
□ Methods:

- 14 focus group discussions with 2 study populations in 7 provinces:
 - 5 urban and 5 rural groups
 - 2 urban and 2 rural groups of health workers



“You can have all the riches of this world but if you don’t have children you are as good as nothing”

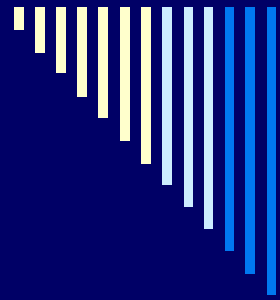
- The overriding theme in all the groups including the health workers was that it is critically important to have children (or at least one child)



The second major theme that emerged was that it is important to have children before you are too old. The ages that people cited as being best to have children varied, but most fell between 18 and 21 years. Some respondents mentioned that 25 was already too old, and certainly 40 is too old and is dangerous...

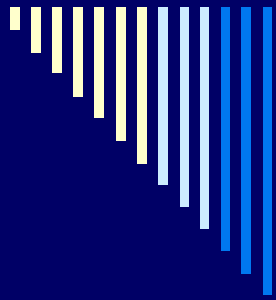
- *Children nowadays get children while they are still children. The good time to have a child is when you are 18 or 19 yrs*

(Limpopo Female 35-45 African Rural)



Other important considerations about when to have a child revolved around economic considerations, whether you have the means to bring up a child, whether you have a job or whether you have a suitable home. Some mentioned that one should be independent before having a child.

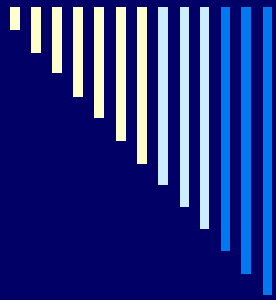
- *Its issues like: can you look after children? Do you have a suitable home, can you instil discipline to your children without loosing respect to your kids. (Gauteng Male 18-25 African Urban)*



A prominent theme was that most people don't plan pregnancy, it just happens.

You cannot plan a child, especially these days; we don't plan to have a child. It just comes when you are not even ready. (KZN Mixed African Urban)

To tell the truth, I did not decide. I just fell pregnant and then I realized that there was nothing I can do because I was already pregnant then I had the baby. (North West Female 18-25 African Rural)



Who should decide?

- Men said that men should decide as they are the head of the family. Some said women are going to decide anyway as they control the contraception.
- Women talked about women deciding but some also said that men should decide.
- A prominent theme was that the couple should discuss it though one got the feeling that this does not happen



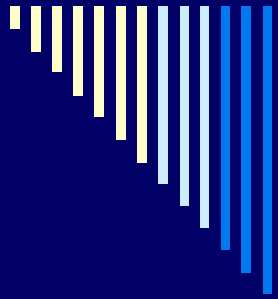
Discussion

- The pressure on people to have children is very strong and needs to be considered when one deals with safe sex and HIV prevention.
 - Many respondents didn't feel that marriage was important to having a baby. This is important in relation to the messaging about waiting to have sex in marriage.
-



Teenage pregnancy

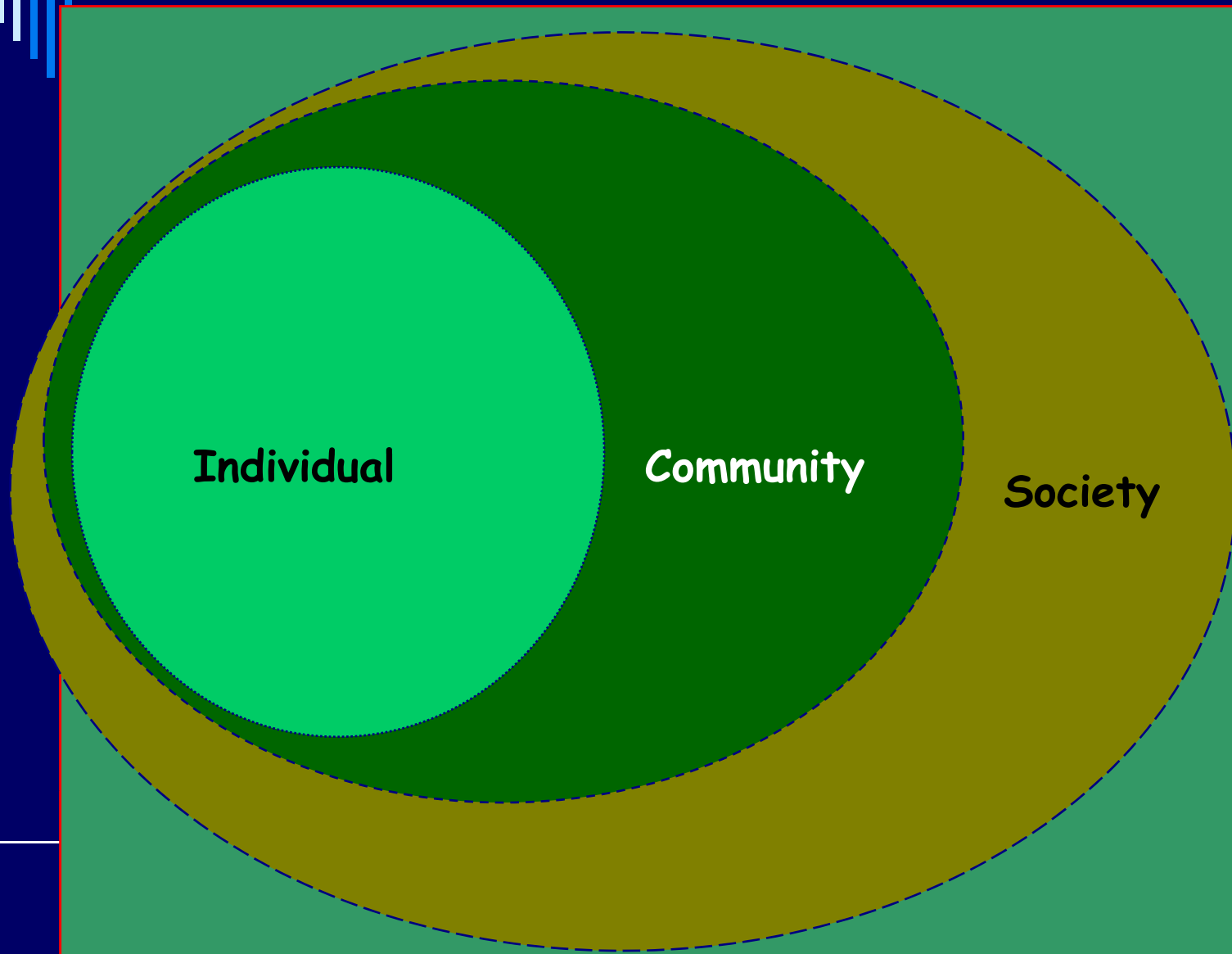
- Many people talk about teenage pregnancy – but it seems that it is acceptable for many people to have children from 18 years.
 - People are anxious that they may never have a child, which feeds into having a child when you are young.
-

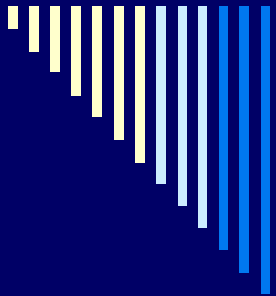


Control

- An important issue is that people felt that they have no control over their fertility. Getting pregnant “just happens”.
- The fact that HIV hardly featured in the discussions is important and seems to indicate that having safe sex is not top of mind.

Intervention





Planning your baby

You can plan your babies

A child is a big responsibility for both parents. It takes a lot of time and money to give children the food, clothes, education and love that they need.

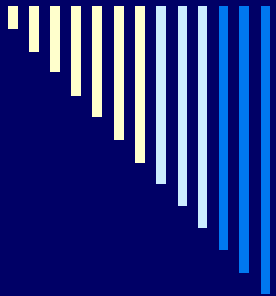
Having a baby is an important decision. Talk to your partner about a baby before you get pregnant.

responsibility
- inganibet
- kardaw
- nakatam
- watawata
- ikat

My parents keep asking us when we will have a child. But we are not ready for a baby yet.

It is very special to have a child, but you both need to be ready. Mothers and fathers need to give their children a lot of time, love and care.





It is your **RIGHT** to plan your family

Sometimes it can be hard to plan a baby. This is because your parents, family and friends tell you that you must have a child. Or they may tell you to have another baby, or that you must have a boy baby. If you are not sure if this is what you want, remember that it is your right to:

- decide when you will have a baby
- decide how many children you will have
- decide not to have a child if you don't want one



When is the right time to have a child?

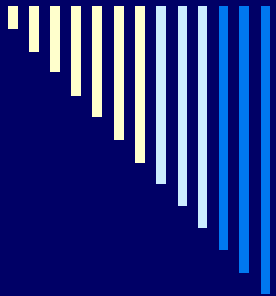
For many men and women, it is very important to have at least one child. Couples should talk about when it is the right time for them to have a baby. They should remember that:

- The safest time to give birth is between the ages of 18 and 35.
- You can have a baby safely until you are about 40 years old.
- You should wait until your baby is two years old before you get pregnant again.
- You should not have more than 5 children. This is because pregnancy and birth puts a big strain on your body. If you have more than five children, it may result in illness for you and your baby.

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•••••
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•••••

! **REMEMBER**
It can be dangerous to have your babies too close together, or to have too many babies. If you use contraception properly all the time, you can plan when to have your children. Read pages 6 to 7.

•••••
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Choices around children if you are HIV positive

If you are HIV positive, you have the right to have a baby if you want one. You also have the right to:

- choose not to have a baby
- adopt a baby
- foster a child
- care for a child who is unwanted or who is an orphan

If either you or your male partner is HIV positive, you could think about the following choices.

adopt

- adopta
- adopta
- adopta
- adopta
- adopta

foster

- foster
- foster
- foster
- foster
- foster



If you are HIV positive, but your male partner is not:

- Artificial insemination (AI) can prevent you from passing HIV on to your partner when you want a baby. This can be done at a specialist clinic. Speak to your clinic about how to do this.
- Once you are pregnant, there is still a chance that you could pass HIV on to your child.
- Read pages 16 to 17 for more information about what you can do to prevent this.

artificial insemination

- artificial insemination
- artificial insemination
- artificial insemination
- artificial insemination
- artificial insemination

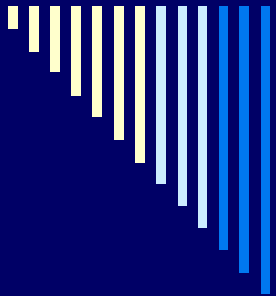


If your male partner is HIV positive, but you are not:

- Sperm-washing separates the HIV from the sperm. The HIV-negative sperm is then put into your body by artificial insemination.
- Sperm-washing is expensive and can only be done at a specialist clinic.

sperm-washing

- sperm-washing
- sperm-washing
- sperm-washing
- sperm-washing
- sperm-washing



Ways to prevent pregnancy



Sister Bettina, I have heard that I can't get pregnant again as long as I am breastfeeding my baby. Is this true?

No, Skosana. Many women get pregnant again while their babies are still very small. You need to use contraception to prevent this.

contraceptives

- pills
- injections
- condoms
- the rhythm method
- withdrawal

reliable

- condoms
- injections
- the Pill
- withdrawal

Contraception

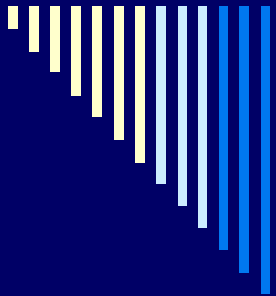
- Contraception will help you plan when you will have a child, and how many children you will have. It is also called birth control.
- Contraceptives work best if they are used all the time.
- Couples should talk to a health worker to find out what kind of contraceptive will be best for them.
- Choose a **reliable** method of contraception like condoms, the Pill or the injection.



REMEMBER

- Men often think it is their partner's responsibility to prevent pregnancy. This is not true. Couples should talk together about birth control.
- It can be dangerous to have your babies too close together, or to have too many babies. If you use contraception properly all the time, you should be able to plan when to have your children.





1 **Condoms**
The male condom and the female condom prevent pregnancy. Condoms are the **only** birth control that will also protect you against sexually transmitted infections (STIs) like HIV. If you are not in a **faithful** relationship, you should always use a condom as well as your method of birth control. A faithful relationship is when you and your partner only have sex with each other.

2 **Other barrier methods**
These stop the man's sperm from going into the woman's uterus when they have sex. Condoms, diaphragms, cervical caps and spermicidal foams are all barrier methods.

3 **The pill and injection**
The pill is taken every day. The injection is given monthly or 3-monthly.

4 **Sterilisation**
This is a small operation that can be done on a man or a woman. After this, the person can no longer have babies. It is hard to **reverse** the operation if you want to have a baby later.

5 **The intra-uterine device (IUD)**
This is a piece of plastic or metal that is put into the woman's uterus. If you have an STI, the IUD can cause **infertility**. So it is important to be treated for an STI before you use this form of contraception.

6 **The rhythm method**
This is when couples do not have sex on the days when the woman **ovulates**. This is when she is most likely to get pregnant. This is not a good method of birth control. Often it does not work.

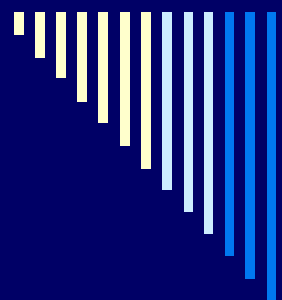
STI/STIs
- chlamydia
- gonorrhoea
- HIV
- hepatitis
- syphilis

Other
- diaphragm
- cervical cap
- spermicide
- foam

Reverse
- vasectomy
- tubal ligation

Infertility
- sterility
- barren
- unable to have a baby
- childless

ovulate
- ovulation
- menstruation
- fertile
- fertile days
- fertile window

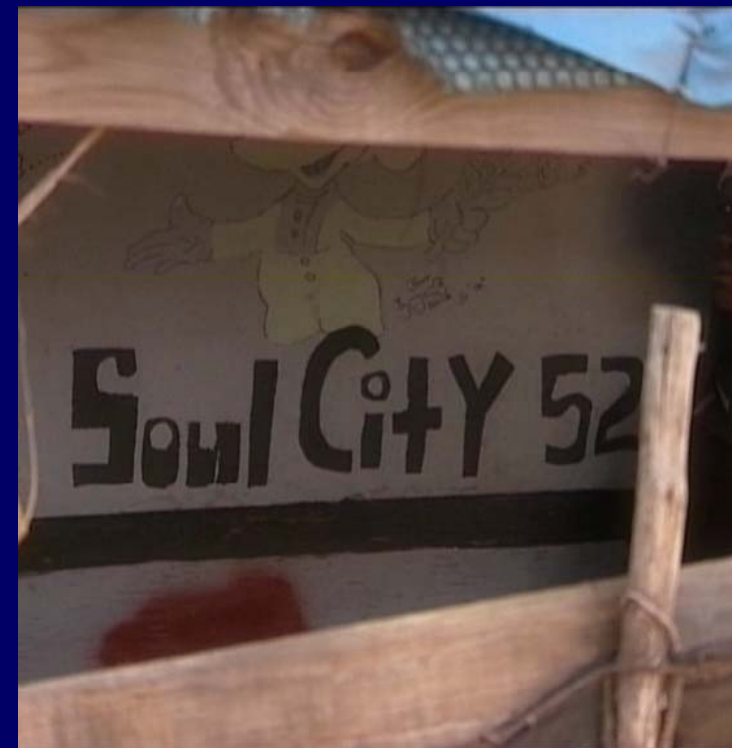


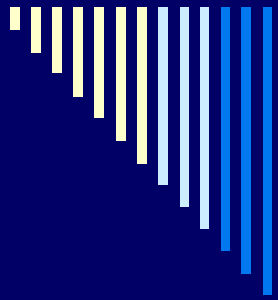
Evaluation

- Need to answer a number of questions in relation to our programmes:
 - How far does our media reach?
 - Who accesses our media? (and who doesn't?)
 - Is the media popular? Is the audience loyal?
 - What is the mixture of media that people access?

Answers : Reach

- The answers to these questions have been supported by at least 3 national studies totally unrelated to Soul City:
 - 1. Markinor study 2000
 - 2. HSRC 2002 and 2005
 - 3. Kaiser Family Foundation & SABC Survey 2006





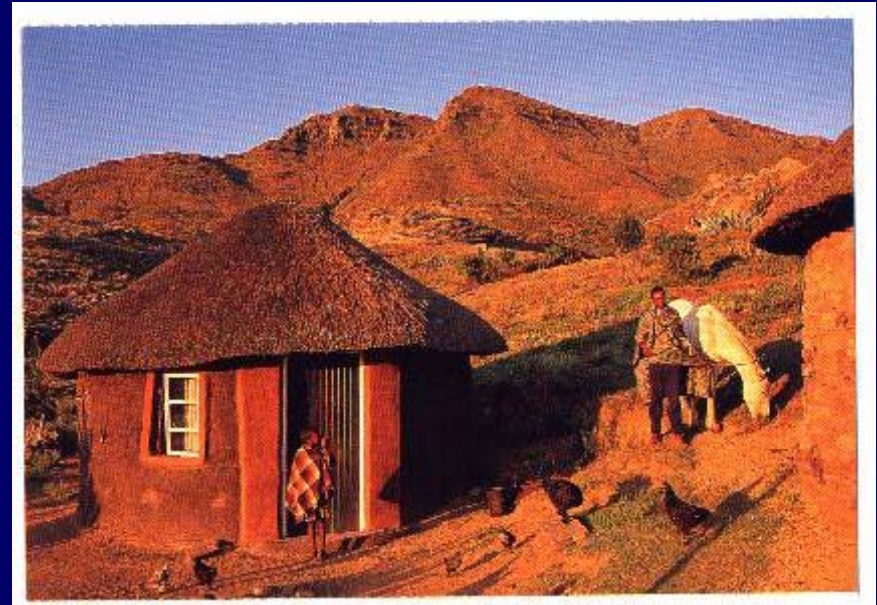
Reach

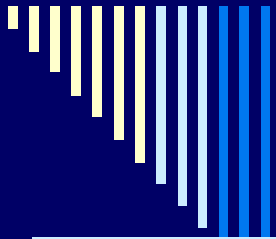
- Soul City has reached about 80% of the adult population.
- Soul City has consistently been favourite programme among South Africans with about 50% of audiences watching and or listening regularly
- Soul City print has reached 50% of the South African population



Reach: who?

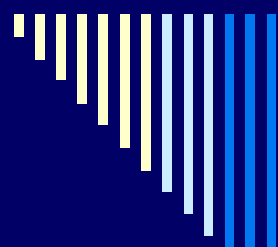
- Soul City: From 2006 study:
 - Men and women equally
 - Less likely to be White or Indian
 - All ages
 - More likely to watch other television interventions such as Tsha Tsha
 - More likely to know someone on ART





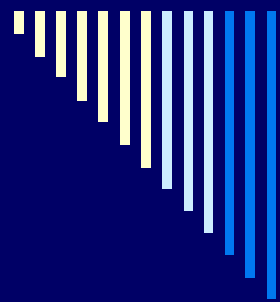
Condom use at last sex by Soul City

	Soul City exposure to multi-media					
Condom use at last sex	None %	1 Medium %	2 Media %	3 Media %	4 Media %	Total %
No	75%	68%	60%	57%	48%	65%
Yes	25%	32%	40%	43%	52%	35%



Consistent Condom use

Outcome measure	Logistic Regression Analysis Variables adjusted for in the model	Odds Ratios (and Confidence Intervals) by level of SC multi-media exposure over 6 series compared to no exposure Low High Medium		
Always use condom with one's regular sexual partner (last 12 months) (n=632)	Age (p=0.000) Race (p=0.587) Education (p=0.955) Employment (p=0.639) Tsha Tsha (p=0.007)	2.638 (1.142-6.094) p=0.023	3.768 (1.536-9.243) p=0.004	4.027 (1.703-9.520) p=0.002



Condom use at last sex

- Access to 4 Soul City media (OR 1.89)
- High knowledge (OR 1.28)
- Tertiary Education (OR 1.76)
- Being a student (OR 2.93)
- Being employed (OR 1.77)