

A Draft Agenda for Training

The following is an outline of the way FC can be introduced to potential users. It is meant to be adapted and modified depending on the setting.

1. Describe the social context of HIV/AIDS and STIs in the community/country and the dynamics of sexual relationships.
2. Establish how much the person or group knows about safer sex, anatomy and FC.
3. Provide a brief overview of disease transmission.
4. Provide an overview of the reproductive system, using pictures.
5. Discuss personal vulnerability and risk.
6. Explain protection, especially the idea of “dual protection” – protection from STIs/HIV/AIDS and unintended pregnancy.
7. Highlight major anatomy points that relate to FC:
 - The difference between the vaginal canal and the urethra.
 - The vagina is a closed pouch. Show that FC won't get lost in the vaginal canal.
 - The location of the pubic bone and cervix.
 - Explain that FC will not interfere with normal bodily functions. e.g urination
8. Let each person touch FC.
9. Describe FC and compare it to the male condom and other contraceptive methods.
10. Demonstrate proper use and disposal.
11. Discuss partner negotiation skills and techniques. Help generate ideas and examples.
12. Emphasize practice and patience. Experience from other programmes suggests trying FC up to 3 times prior using it in sex can be helpful.