

Addressing Gender

in the SHOPS Plus Nigeria Family Planning (FP) Training Program:
Experiences from Implementation

Context

Gender has implications for how people (especially women and girls) are able to access FP services.

Providers are unaware they have biases that limit women's access to FP.

Providers lack the skills to address social norms and gender barriers to FP.

Overcoming factors that impede access to quality FP services

There are many factors that impede access, however SHOPS Plus focuses on two in particular:



Capacity



Quality



Addressing gender is **KEY** to improving access to quality FP services.

The SHOPS Plus Approach

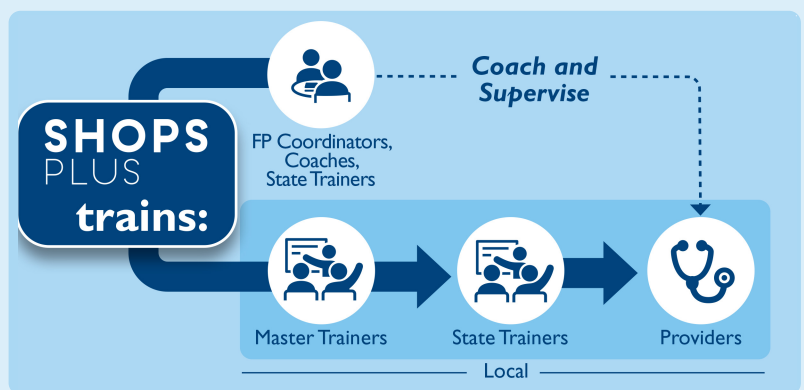


FP trainings often focus on the **clinical aspect** of FP and **do not** always address **gender barriers**.



SHOPS Plus developed **modules and exercises** on various topics relating to gender.

SHOPS Plus incorporated these enhancements into the national curriculum.



Client



Introducing Gender Content in FP training

Through a gender analysis at project inception, SHOPS Plus found that provider bias can be a **barrier to choice** and **negatively impact** the quality of services a client can receive.

Providers recognize they treat the following groups differently:

Adolescents

Young women

Single women



SHOPS Plus integrated adult learning approaches and exercises into the delivery of the national curriculum.



SHOPS Plus facilitated exercises and open dialogue in its training sessions

Eye-opening exercises

“The Space Between Us” is an exercise conducted on the first day of training that demonstrates through movements how gender places some people at an advantage. Participants begin in a line as equals and are asked questions about how their gender has a positive or negative impact on their lives. They step forward or backward accordingly, resulting in a visual representation of the advantages men have in society—men in front and women fall behind.



Through exercises like this, providers realized their **gender biases** have a **negative impact** and resolved to minimize this impact on the women they serve.

“My bias has been neutralized!”

Ene Okoh, State Trainer, FCT

Understanding choice and rights improves communication during counseling

Providers need to be gender sensitive during FP counseling so that women are able to make informed choices. Good counseling requires **three essential capabilities** that many providers lacked:



Technical knowledge on the range of methods



Awareness of Nigerian policies supporting choice



Ability to effectively communicate without bias

“What she [the client] wants, I will follow.”

Philomena Ayeghana, Chief Nursing Officer, FCT



Taking the SHOPS Plus approach beyond training

SHOPS Plus training gave the participants the skills and confidence to be empowered FP providers. Equipped with counseling and communication skills they acquired during SHOPS Plus training, many are taking what they learned beyond health facility walls.

Engaging men for family planning

During one post-training visit, a provider informed the FP coordinator, **Raliat Bello**, and her colleague that they weren't getting any FP clients. The team determined that without support from men, women could not come for FP. Bello and her colleague arranged to meet with the local chiefs who could influence men on the importance of FP. The chiefs were receptive and shared the message with their community, resulting in clients visiting the facility.



Providers take every opportunity to use their new skills to speak with anyone regarding family planning.

Ada Nwaneri, a provider in FCT, noticed that she was getting many patients coming for post-abortion care who attended a nearby school. To address this, she went to the school and asked the administrators if she could speak with the girls about family planning. Since then, she has inserted two Implanon and three Jadelle to girls at the school.



Using SHOPS Plus exercises in lectures

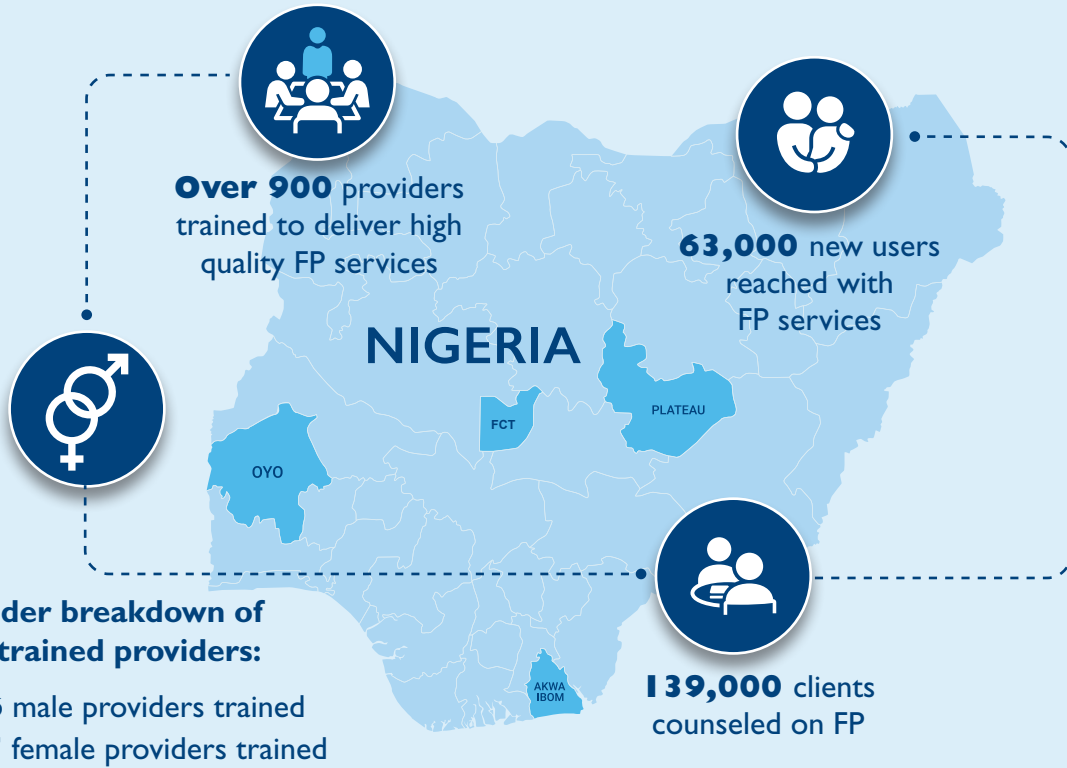
Emmanuel Bagdung, a state trainer in FCT, uses the gender skills and exercises from SHOPS Plus training in his lectures at the school of midwifery and lectures for professional development.



“I can't teach FP without talking about gender.”

Emmanuel Bagdung, State Trainer, FCT

Impact



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