

CONVERSATION MATERIAL FOR INFORMATION ON PREGNANCY

1. Explain that you will now talk about pregnancy, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
 - How can you get pregnant?
 - How do you know if you are pregnant? (You may show the group a pregnancy test and explain how it works.)
 - How long does a pregnancy last?
 - What is ultrasound?
- What should you do if you know you are pregnant? If you wish to keep the baby? If you wish to have an abortion?
- What can a bleeding during pregnancy mean?
- What should you do if you bleed during the pregnancy?
- How might you feel during a pregnancy? Which type of support and assistance might you need from those close to you?
- How might you feel as the partner of a woman who is pregnant?
- What can you do if you have difficulty getting pregnant?
- What can you do if you wish to avoid getting pregnant?

IMPORTANT TO DISCUSS:

- It is different for different people, how long it takes to get pregnant. If you have difficulty getting pregnant, you are entitled to hospital assistance.
- Who has the right to receive hospital assistance to get pregnant.
- During a pregnancy, it is common to feel many different kinds of emotions at the same time – such as excitement, joy and concern. The pregnant woman, as well as her partner, may be affected.
- It is perfectly all right to have sex during the pregnancy – as long as you both want to.
- The gender of the child cannot be influenced – by whether you have sex, what you eat or in any other way.



FIGHTING FOR BODY RIGHTS SINCE 1933

RFSU was founded in 1933 and is a pioneering Swedish organisation working in the field of sexual and reproductive health and rights (SRHR).

RFSU is a non-profit, non-governmental organisation without party-political, trade union or religious affiliation. Our aim is to spread a knowledge-based and open view of sexuality and relationships issues to overcome prejudices, bridge knowledge gaps and improve sexual health and wellbeing. We run projects and programmes to promote access to sexual and reproductive health and rights — both in Sweden and internationally. Much of this work is done with partners and other organisations. RFSU has a rights perspective of sexuality based on everyone's freedom to be what they want to be, to choose to live as they want and enjoy what they want. The International Planned Parenthood Federation (IPPF) was founded by RFSU and other actors, and RFSU remains IPPF's Swedish member association

**You can read more about RFSU's activities at
www.rfsu.se/upos**



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