

ILOBA Radio Program: Ireti Eda (Man's Hope)

12. Family Planning Methods: General Information

1. **SFX:** THEME MUSIC AND FADES UNDER THE HOST'S VOICE
2. **YINKUS:** (UPBEAT) Hello dear listeners! Welcome to another episode of *Ireti Eda*, your favourite radio variety programme. My name is Olayinka Owoyemi a.k.a Yinkus or you can call me the Iyalode of Yoruba airwaves; and with me on the program as always is future fuji superstar, Bosun “Da Boss”.
3. **BOSUN:** Yes ladies and gentlemen, it’s your main man Bosun “Da Boss” saying a big hello to you right now over the airwaves here on *Ireti Eda*. (PAUSES, TEASING) Hmmmm Iyalode, you know I’m not one to comment on a married woman’s apparel after all I don’t want to get into trouble with oga but you’re looking extra special today.
4. **YINKUS:** (JOKING) Hmmmm Bosun! You know I have the skill of putting outfits together. You’ve seen my colour combination, eh? In fact I’m too much.
5. **BOSUN:** Hmmmm Iyalode, I’ve noticed something. How come our listeners know all about me and my babe, meanwhile they don’t know anything about you and oga. That is to say how you met, when you married, how many children...
6. **YINKUS:** (TEASING) Ah Bosun, you know I’m an international woman of mystery. It’s not everyone that knows my matter like that.
7. **BOSUN:** Ehnnn Iyalode. In fact I won’t be gisting you about Sade again. Abi you are are mysterious now. On *Ireti Eda*, we share experiences o, Yinkus. Especially if others can benefit from our own experience.
8. **YINKUS:** Anyway Da Boss, you’re right. It’s okay. Next time I will come prepared for my interview, okay? For now it’s time for us to go over to our drama. Last time on the drama, Iyabo continued to feel the pinch of Abokede’s absence when it came to the housework; Lukman realized that Iyabo’s intentions for Abokede might not always have been good; and Alaba continued to shower favours on Wosilat offering employment to both Abokede and Ajani. Let’s find out what will happen this week. Over to the drama.
9. **DRAMA:** CUE IN EPISODE 12 OF DRAMA (12MINUTES)
10. **YINKUS:** Welcome back from our drama, listeners. I hope you enjoyed that.
11. **BOSUN:** (EXCITED) Hmmmm Iyalode, I almost fainted when Mr. Animashaun entered Oyemade’s office with Folashade hiding there. See drama.
12. **YINKUS:** Hmmmm is it a small thing? I think Folashade is ready to break up with him o over this matter. And what of Abokede’s generosity?

13. **BOSUN:** The girl is trying. If not for my Shade, I wouldn't mind meeting a girl like Abokede and planning a family with her.
14. **YINKUS:** Hmmm Bosun, I like the way you talk sometimes. A lot of your mates are not thinking like that, they are not thinking far enough ahead to plan their future.
15. **BOSUN:** Eh Yinkus, as for me o, if it's a babe one really cares for and is serious about about like my Shade or a nice girl like Abokede, then you want to plan a future with them and that includes planning your family in advance so that there's no mistake and you are sure you can meet up to your goals for your family. Besides, right now, one doesn't want to spoil anyone's future if they're not ready for children yet especially since it's not like personally I can afford to marry right now.
16. **YINKUS:** It's true o. Don't you see Folashade and Oyemade. They are not leaving anything to chance until they are ready. I like their style. As for Ajani, abi Alaba has promised Wosilat a taxi driver job for her dear husband. Very soon Abokede won't have to contribute to the family income anymore and then maybe she will become interested in finding a suitor that she can plan her family with.
17. **BOSUN:** Hmmm Iyalode!!! Ever the matchmaker!!! Anyway, let's take a short musical break, when we return we'll have our favourite big aunty, Madam Adunni, with us in the studio. Stay tuned.
18. **MUSIC:** **MUSIC BY A POPULAR YORUBA MUSICIAN (2 MIN MAX)**
19. **YINKUS:** That was *Pasuma* with the song "*Napoli like Lagos.*" You're still listening to your program *Ireti Eda*. Right now in the studio with us is our favourite big aunty. She's a midwife, marriage counselor and respected person in the community. Please join me in extending a warm welcome to Madam Adunni.
20. **SFX:** **FANFARE AND SHEKERE SOUNDS**
21. **M. ADUNNI:** Thank you very much for that warm welcome. Yinkus, you're really looking sweet today o. I like this your style very much.
22. **YINKUS:** Ah thank you, Ma.
23. **BOSUN:** Madam Adunni, you know for the past few episodes we've been discussing around the issue of family planning. You've mentioned that there are different methods to meet everyone's different needs and lifestyles. For example, you know in our drama Wosilat and Ajani have had some tension in being together as a couple because of fear of getting pregnant again. And Lami who just had a baby might be concerned about spacing her children. Or even Oyemade and Folashade who are in a long-term relationship, though not yet married, are taking the initiative to prevent pregnancy given their secret relationship. So I was hoping we

can get into what these different methods are that are available for different individuals and their circumstances.

24. **M. ADUNNI:** No problem, Bosun. I know many women and couples who fear getting pregnant deny themselves of sexual intimacy. This can be very frustrating to one or both of the partners. Modern contraceptives are available for couples to prevent unplanned pregnancies while still enjoying intimacy. I'm very happy to get into those methods today.
25. **YINKUS:** Okay then, Madam Adunni, let's get straight into our listeners' questions. We have an SMS in from Joanna who writes: *Madam Adunni, I just had my second child, one year and four months after the first one. I would like to have more children but not just now as I now realize that I should have given space between my two pregnancies, because I'm always worn out. Can you please tell me the kind of temporary FP methods that are available to a young woman apart from condoms?*
26. **M. ADUNNI:** Great question, Joanna. Many of the FP methods are temporary, meaning that you can stop whenever you decide that you and your partner are both ready to have another baby. Then you can go back to it afterwards. Some of these temporary methods, besides condom you already mentioned are tablets/pills, the Coil/Loop, Injections, Implants and the Female condoms. All of these methods are widely available in our community. You can get them from Nurses, health providers, pharmacies and doctors. Walk into the nearest hospital or health center, with *Get it Together* sign and a blue, yellow and orange puzzle pieces logo to see a provider and discuss, so that together you can decide which method will best suit you.
27. **BOSUN:** We have an SMS from someone calling herself Miss Lagbaja (*Anonymous*) She writes: *My wedding is in 3 month's time but as I'm still in school, I will like to wait till I've graduated before starting a family. What is a good method for someone like me who wants to have children later*
28. **M. ADUNNI:** Miss. Lagbaja thank you for your question And congratulations for your forthcoming wedding. I'm happy to hear that you are thinking about your future family already and have begun to plan (along with your fiancé, I hope) even before you are married. That's very good. OK to answer your question, Lagbaja, It sounds to me like any of the temporary methods like the pill, injectable, condoms to mention a few, will be a good choice for you and your partner...Really, I would advice that you see a health worker for better advice tailored to your needs.
29. **BOSUN:** (**MISCHIEVOUSLY**) Hmmm...Lagbaja congrats-o for the wedding. Are we invited? Rice and stew very plenty, abi? I will come and chop-o.
- YINKUS:** Bosun!!! You are terrible!!! As an experienced party-goer, let me tell you when they put RSVP on the card it does not mean Rice and Stew very Plenty-o. It means Rependez S'il Vous Plait or Please let us know if you'll attend. That kind

of party, hm. If you are not invited and you arrive, they will bounce you out kiai because they have counted everybody who will attend.

30. **M. ADUNNI:** **(LAUGHING)** You are both so funny. Bosun, Anyone who is sexually active and capable of getting pregnant or impregnating someone should be considering family planning. Anyone who wishes to know more about family planning or find out about the numerous family planning methods available can visit Health Facilities, Pharmacies, Patent Medicine Vendors and anywhere they see the *Get it Together* sign and a blue, yellow and orange puzzle pieces logo. Yinka, I'm sure you will repeat these details at the end of the show including a number listeners can call to find out their nearest provider.

31. **YINKUS:** Yes of course, ma. Listeners, I will be repeating this information at the end of the show, so if you didn't get it, listen out for it then. For now, we'd like to thank Madam Adunni for her wisdom today even as we go over into a musical break. We'll be right back.

32. **MUSIC:** **MUSIC BY POPULAR NIGERIAN MUSICIAN (1.1/2 MIN MAX)**

33. **BOSUN:** Yes listeners, we're back. That was *Mo'Cheddah* with "*Ko Ma Roll*." I hope that song got you moving as it did us here in the studio. Unfortunately, we've come to the end of the programme for today. As always, we're giving 5 of you a chance to win one of our fantastic prizes in our quiz. Today's quiz question is:
- *Name 3 family planning methods.*

34. **YINKUS:** Listeners, please send your answers via SMS to this number If you would like to know where you can access family planning services in your area, you can call ##### (same number). Or go to a clinic, pharmacy or PMV with a sign that says "Get it Together" and has a blue, yellow and orange puzzle pieces logo.

35. **BOSUN:** And of course, you know you can also connect with us on Facebook at the "Get it Together Ibadan/Illorin" page. Listeners, thanks for hanging out with us. Until next time, I'm Bosun "DA Boss!"

36. **YINKUS:** And of course I remain your Yinkus! O da booo! (Till next time).

37. **MUSIC:** **THEME MUSIC UP & UNDER PROGRAMME SPONSORSHIP & BY-LINE (GET IT TOGETHER, PLAN YOUR FAMILY)**