Guidelines for Live call-in Hosts
Introduction

Welcome and thank you for accepting the important role of hosting this radio program live call in show.

The Ireti Eda 26-episode Radio Magazine Program is an entertainment-education program that provides young people with Family Planning Benefits and Information and links them to quality health and counseling services.

The Nigeria Urban Reproductive Health Initiative (NURHI), a five-year project (2009-2014) to reduce barriers to child spacing use in the six Nigerian cities of Abuja, Benin, Ibadan, Ilorin, Kaduna and Zaria. Your efforts can contribute to the promotion of increasing knowledge, self-efficacy and skills for young people to achieve their reproductive intentions. Another important part of the program is to help link individuals with quality services from helpful providers. NURHI is working with a network of trained providers called the Family Planning Provider Network (FPPN), comprised of public and private facilities and private medical vendors.

Ireti Eda is part of the ‘Get it Together’ campaign which encourages Nigerians to Know the facts about Family Planning, Talk to their partner about family planning and Go for Family Planning services.

PURPOSE OF THE TALK SHOW HOST GUIDE

This discussion guide is designed to help you, the host raise the critical issues for the magazine program. It is recommended that you read this guide. This will help you become familiar with the topic and help with any preparations you may need to do for a show.

OVERALL PURPOSES OF THE SERIES:

The general purpose of the Ireti Eda Radio Magazine and Live Call/Text in series is to encourage more people, particularly female married youth with the support of their spouses, in-laws, parents, friends and guardians to access various health services available in health facilities in their localities based on a better understanding of:

- The importance of positive spousal communication.
- The importance and value of seeking correct health information from trained people like the FPPN.
• The need for parents, in-laws, relatives and friends to encourage spouses to seek health care information and services in health facilities.
• Acceptance of child spacing as a normal way of life
• The need for men to support their wives.
• The importance of adequate spacing of births to the mother, children and family as a whole.
• The safety and benefits of adequately spaced births to the health of the mother and children.

If you have any questions about NURHI or our program, please consult Mrs Stella Akinso (State Team Leader) and Tunji Samuel (Advocacy / Behavior Change Communication / Demand Generation Officer).

TIPS FOR HOSTING LIVE EDUCATION ENTERTAINMENT

- The hosts should maintain friendly, positive chat between each other and with callers in a supportive, empathetic way. (For example, please do not have a combative relationship between hosts or make fun of the audience)

- Keep the language simple and non-technical (particularly when talking about medical issues). Remember your audience. Please do not use acronyms.

- Focus on aspirations and hopes and what works – people sharing positive stories. That is the kind of talk on the radio that helps people make positive changes. For example, if an issue comes up, the host could ask a listener what advice they would give to others.

- **Do not spend time discussing misconceptions in detail or what isn't working.** Certainly the questions will come up, but deal with it quickly and with facts. Though potentially entertaining, dwelling on the negative does not help people learn new information or be inspired to change. If people have deep questions, please send them to a provider or offer to chat off the air.

- Follow the discussion guide to help you stay on track with the ‘Get it Together’ goals.

- Be sensitive to cultural and religious issues.

- If dealing with a caller who is attacking FP or the host or generally inappropriate, you may need to jump into the conversation and let the person know politely that you can to discuss off the air.

HOSTING THE SHOW

Preparing before EACH program

1) Listen to a recording of that week’s radio program.
2) Review the talking points of the day and touch base with NURHI staff to ensure the issues are clear.

3) Ensure that you have the names of the previous week’s quiz winners and what the question and answer to the quiz were.

**Format of each program**

**INTRO AND OUTRO OF NURHI RADIO MAGAZINES AND LIVE SEGMENTS**

At the end of the 30 min magazine, the hosts Yinkus and Da Boss [Iloba] will sign off by saying:

HOST: Alright Friends, it’s time for [co-host’s name] and me to go but not before we hand you over to {OAP of the station name} and our expert guest live in the studio. Get ready to call or text. Over to you {OAP’s Name}........

CUE IN: SWEEPER CROSS-FADES TO ONE OF THE NURHI JINGLES (FOR EACH LOCATION)

OAP: Thank you Funky One and Teslim the great (for example)....that was a great outing.... (change of tone and more enthusiastically) Friends welcome to our call in segment where your opinion is king.....here with me is our expert in the house (Name of Expert). She/He is a (short CV e.g. a trained family planning provider, Nurse, counselor? of many years). Thank you ma/sir for coming. Ok. Today we are talking about {(Topic of the day)} and goes on to commence conversation with the expert briefly around the contents for the day(1-2mins)...then on to:

1. Announce the provocative question of the day:
2. Invite listeners participation and give numbers for calling and texting
3. Previous week’s Quiz Answer and winners
4. YUM mobilers of the month or week as appropriate?
5. Any other announcements as needed
6. Use the recorded program sweepers from time to time to identify and unify the program

As they continue to field questions as they receive the calls and texts

End the program with the recorded credit and signature tune.

**Episode 1 (Introduction)**

WHY IS THIS AN ISSUE? (Background information for the Hosts): This radio program is important because people need to know the facts about family planning and child spacing so that they can have
children when they are ready and are able to cater to the children’s needs. By choice and not by chance. Family planning affects everyone and we should talk about it.

TALKING POINTS

- Talk about the characters in the first episode.
- Explain that the exciting format of the second phase includes a live call in portion and that we are re-airing the drama due to popular demand.
- Remind everyone to listen in and call the program every week on Splash FM, Tuesday, 2.45 pm to 3.30 pm.

Quiz Question

- Remind listeners of the new quiz question and phone number to text for fabulous quiz prizes – 0810 425 6125.
- The quiz question for week one (read earlier) is: Akoko wo ni ireti eda n wa sori afefe (Day/Time)?

Provocative Questions:

- Which character in the radio show reflected your life and which character would you wish your life would resemble?

- How would you advice people in your community to discuss matters of family planning? Are people discussing family planning and who initiates these talks in your community?

- What are some of the challenges in discussing family planning in your community?
**EPISODE 2: Couple Communication: Communication Strengthens a Relationship**

**WHY IS THIS AN ISSUE? (Background information for the Hosts):** This is an issue because especially young couples don’t discuss issues with each other. Women talk to woman and men talk to men. Socially they don’t get a chance to observe couples having conversations. Many couples don’t discuss issues with each other perhaps because they are worried about other person’s potential negative reaction. Sometimes they simply don’t know how to start the conversation. This episode is about general couple communication.

**Talking Points**

- Open communication between a couple helps them to understand what the other person is thinking or their desires – and when this is better understood there will be increased love, understanding, trust and self esteem between them.

- Couples should be able to talk about anything openly and freely, i.e., about what you want to do, where you will go, what you’ll eat, your ambitions for yourself or your children, decisions about money, food, health, housing, school, clothes, job, family, sex, relationships, religions, etc.

**Quiz Question:**

- Last week’s question and answer: The question was: Akoko wo ni ireti eda n wa sori afefe (Day/Time)?
  
The answer was: Tuesday, 2.45 pm to 3.30 pm.

- And the winners are...

- This week’s question is: Kini Moji se latiri pe ijiroro ohun ati oko e tubo gberu si?

- Remind listeners text for fabulous quiz prizes to: 0810 425 6125

**Provocative Questions:**

- How would you advice someone who is in a position where they can’t discuss openly relationship matters with their partners?

- Why do you think couple should constantly communicate their concerns to one another?
**Episode 3: What is family Planning**

**WHY IS THIS AN ISSUE? (Background information for the Host):** Family Planning has a negative reputation among many Nigerians. Many have the misconception that Family Planning is all about reducing your number of children and using risky medical interventions that cause major complications in women such as infertility. They see FP as ‘against religion and culture’ and also that FP is not a normal life decision. Traditional methods have been used for a long time so why change?

**Talking Points**

- FP is a way of life, it is a decision taken by an individual or couple as to when to have children by choice and not by chance ‘healthy fertility’.

- FP is an affordable, safe and effective way to have the children when you want them.

**Quiz Question:**

- Last week’s question was: Kini Moji se latiri pe ijiromo ohun ati oko e tubo gberu si?


- And the winners are...

- This week’s question is: Ninu itan ti e gbo loni, tani o ran Funmilayo lowo lati ma jaya mo, ti o si roo lati lo se ifetosomobibi?’

- Remind listeners text for fabulous quiz prizes to: 0810 425 6125

**Provocative Questions:**

- How can people in your community start to talk and understand the importance of family planning?

- Do you think there are negative barriers to family planning in your community and what do you think should be done to change these negative barriers?
EPISODE 4: Benefits of Family Planning

WHY IS THIS AN ISSUE? (Background information for the Host): When people talk about Family Planning they often don’t talk about the benefits perhaps because they don’t know what they are, or they may simply feel that FP is an unpopular thing to discuss positively in the community. Many people don’t even know someone who is a satisfied FP user. Thus, people may not link using a Family Planning method with being able to achieve their aspirations.

Talking Points:

- Family planning can improve the quality of life of the father, mother and children
- Family planning prevents unintended pregnancies, abortions and untimely death.

Quiz Question:

- Last week’s question was: Ninu itan ti e gbo loni, tani o ran Funmilayo lowo lati ma jaya mo, ti o si roo lati lo se ifetosomobibi?’
  - The answer is - Akin, oko re.
  - And the winners are....
  - This week’s quiz question is: Bawo ni Babatunde se je anfaani ifete-somo-bibi?

- Remind listeners text for fabulous quiz prizes to: 0810 425 6125

Provocative Questions

- Who bears the burden of an unplanned family?
- How could a well planned family reduce stress in your life?
EPISODE 5: Modern Family Planning Is Safe

WHY IS THIS AN ISSUE? (Background information for the Host): There are a lot of misconceptions about Family Planning – that it doesn’t work, that it will harm the mother, cause infertility. Side effects of modern methods are grossly exaggerated and fear outweighs reality. So, women (and couples) make decisions based on rumors and fear rather than on information that could help in their lives.

Talking Points:

- Modern Family Planning/ Child Birth Spacing methods are safe and effective if carried out by trained, skilled service providers.

- All temporary methods are reversible. Users are able for return to fertility after discontinuing use.

Quiz Question:

- Last week’s quiz question was: Bawo ni Babatunde se je anfaani ifeto-somo-bibi?

  - Answer: O gbo nipa ifeto-somo-bibi lehin akobi iyawo o re keji. Ohun ati iyawo re si ronu lee lori. Won si fohun-sokan lati see.

  - And the winners are....

  - This week’s quiz question is: E daruko ibiti e ti le se ifeto-somo-bibi ni agbegbe e yin?

  - Remind listeners text for fabulous quiz prizes to: **0810 425 6125**

Provocative Questions

- What clarity seeking questions do you have about Family Planning?

- Do you know the facilities that you can approach to get correct and additional information about Family Planning?
EPISODE 6: Benefit of FP Quality of Children’s Education

WHY IS THIS AN ISSUE? (Background information for the Host): People do already link family size and improved children’s education. It is therefore important to reinforce this desire in a way that feels achievable to our audience since they aren’t planning families yet because of all other barriers – wanting large families, not a culture of planning for the future, believe that somehow be provided for by God/Allah.

Talking Points:

- Family planning enables families to have enough resources to give their children better opportunities to pursue their education.
- Family planning helps couples be better parents (by fulfilling their children’s educational aspirations and monitoring them better).

Quiz Question:

- Last week’s quiz question was: E daruko ibiti e ti le se ifetosomo-bibi ni agbegbe e yin?

1. The ANSWER: Ile iwosan, tabi ile ita-ogun ti won gbe ami Family Planning Available here si, iyen tuno si ‘ifetosomobibi wa nibi’ to si ni awo orange, yellow ati blue.
- And the winners are....

2. This week’s quiz question is: omo odun melo ni Olayemi nigba ti o bere si se ifetosomobibi?
- Remind listeners text for fabulous quiz prizes to: 0810 425 6125

Provocative Questions:

- In your community do you think the benefits of family planning are widely understood? And if not, what suggestions would you propose to get people to know better about the benefits of family planning?
- What are the disadvantages of having a lot of children and how does this affect their future?
**EPISODE 7: Role of Men and Women in Family Planning**

**WHY IS THIS AN ISSUE? (Background information for the Host):** According to research, everyone sees FP as a woman’s responsibility only to raise the issue in discussion. It is the man’s role to decide whether to use FP or not. So, a woman is supposed to find out about or raise Family Planning, but only decide. This leads to lack of joint action.

**Talking Points:**
- Family planning affects everyone in the family, not just the woman, so BOTH men and women must take responsibility to ensure that they are having children by choice and not by chance.
- Men can give emotional and financial support to women if they choose to use a family planning method and he can accompany her to the clinic.

**Quiz Question**

Last week’s question was: omo odun melo ni Olayemi nigba ti o bere si ifetosomobibi?

- The answer is: Omo odun marun-din-laadota
- And the winners are...

This week’s quiz question is: kini awon okunrin le se lati ran iyawo won lowo lori oro ifetosomobibi?

- Remind listeners text for fabulous quiz prizes to: **0810 425 6125**

**Provocative Questions:**
- How can men be more involved in supporting their partners to use family planning services?
- How can both partners initiate discussions on using family planning services?
**EPISODE 8: Family Planning Provider is Friendly**

**WHY IS THIS AN ISSUE? (Background information for the Host):** There is a perception that Providers don’t listen and are too busy to talk to couples, that FP methods will not be available, that the provider will not keep a person’s information secret. People, especially women, don’t know where they can get FP services (even if they know where to get other services).

**Talking Points:**

- FP providers are trained nurses, community health officers and community health extension workers. They are reliable and know what they are doing.

- FP providers are respectful, caring, friendly and discreet (they won’t share your secret).

- Look out for the logo to know where you can obtain quality family planning services. It is a three puzzle pieces of blue, yellow and orange with the get it together written under it.

**Quiz Question:**

Last week’s quiz question was: kini awon okunrin le se lati ran iyawo won lowo lori oro ifetosomobibi?

- The answers are: 1) Won le Se atileyin fun iyawo lori eto ifeto-somo-bibi. 2) Won le tele iyawo lo si ile eto ilera, ki won le ni imo ati oye nipa ohun ti ifeto-somo-bibi je. 3) Ona iranlowo kan naa ni ki awon naa fara jin fun ifeto-somo-bibi (Nipa roba idaabobo tabi alasopa).

- And the winners were.

- This week’s quiz question is: Kilode ti Yetunde fi feran awon eleto ifeto somobibi re?

- Remind listeners text for fabulous quiz prizes to: **0810 425 6125**

**Provocative Question:** (this is a widely sensitive topic and callers should be encourage to even call as anonymous people)

- What are some of your community concerns that you believe should be raised to your health provider?

- Do you think that the reception at your health facility is inviting enough for you to make continuous visits and what do you recommend to be changed?
EPISODE 9: Family Planning Improves Women’s Life and Saves Lives

WHY IS THIS AN ISSUE? (Background information for the Host): People see pregnancy as a normal process for women, and children as a blessing. There is a recognition that birth spacing is important, but they are not making the decisions that will give women that break in between pregnancies.

Talking Points:

- Family planning improves women’s life by ensuring that her body has enough time to recover from strains of one pregnancy before embarking on another.
- Family planning can save the lives of men, women and children by improving health and reducing stress

Quiz Question:

- Last week’s quiz question was is: Kilode ti Yetunde fi feran awon eleto ifeto somobibi re?
- The answers could be: 1) Won loyaya. 2) Won see fokan tan. 3) Won nse abojuto eni daadaa. 4) Won see gbekele.
- And the winners are...

3. This week’s quiz question is: FUN WA NI IDI PATAKI MEJI TI O SE SE KOKO FUN TOKO TAYA LATI FETO SOMO BIBI?

- Remind listeners text for fabulous quiz prizes to: 0810 425 6125

Provocative Questions:

- In your opinion, how many years should there be between one child and another to reduce all forms of stress?
- Why do women really need a break between pregnancies?
EPISODE 10: How Community and Religious Leaders Can Support FP

WHY IS THIS AN ISSUE? (Background information for the Host): There is a perception that some Muslim and Christian religious leaders / persons and community leaders are against modern family planning.

Talking Points:

- That both religions and tradition support family planning. More religious and traditional leaders need to speak out often in public and encourage their followers to embrace family planning so as to improve the health and wellbeing of their members and the society at large.

Quiz Question

4. Last week’s question was: FUN WA NI IDI PATAKI MEJI TI O SE SE KOKO FUN TOKO TAYA LATI FETO SOMO BIBI?
   * Answers: 1) Fun irorun iyawo. 2) Fun irorun awon omo. 3) Fun irorun oko 4) Fun irorun gbogbo ebi 5) Fun irorun ilu 6) Lati dena oyun airotele 7) Lati dena iku ojiji / airotele

- And the winners are...

  This week's quiz question is: Ki ni Erontba Abokede fun ojo iwaju re?

- Remind listeners text for fabulous quiz prizes to: 0810 425 6125

Provocative Questions:

- Call in and ask religious leader questions about family planning?
**EPISODE 11: Couple Communication: Discussion of When to have Children and Spacing**

**WHY IS THIS AN ISSUE? (Background information for the Host):** Many couples don’t talk about size of family because it is seen as the man’s role to make the ‘decision’ rather than a discussion between partners. Women also fear raising issues related to family planning for fear of the other person thinking they are cheating.

**Talking Points:**

- Couple communication on family planning is when couple have a mutual understanding on the desired family size and how many years of space between children.

- When couples know the number of children they want to have, they can allocate and plan quality of education, health care, nutritious food, clothing, shelter etc. within available resources.

**Quiz Question:**

- Last week’s question was: Ki ni Erongba Abokede fun ojo iwaju re?
- Answer: Erongba Abokede fun ojo iwaju ni lati di amofin to danto.
- And the winners are...
- This week’s question is: **So anfani meji to wa ninu si so oro lori ifeto somo bibi laarin toko laya’?**
- Remind listeners text for fabulous quiz prizes to: **0810 425 6125**

**Provocative Questions:**

- Why should a couple discuss the number of children they want and the years between each pregnancy?

- How would you advice couples to communicate more about the number of children to have and the years between each pregnancy?
**EPISODE 12: Family Planning Methods: General Information**

**WHY IS THIS AN ISSUE? (Background information for the Host):** People have many misconceptions about FP and don’t know where to get correct information.

**Talking Points**

- There are different types of FP methods that are safe and reliable like; Implants, IUD, Vasectomy, Tubal ligation, condoms, pills and exclusive breast feeding.

- The modern methods, mentioned above, are much more reliable than traditional Family Planning methods (such as withdrawal or standard days method).

- A client can choose the right FP method that’s suits them based on discussion with a service provider during counseling.

**Quiz Question:**

- Last week’s question was: *So anfani meji to wa ninu si so oro lori ifeto somo bibi laarin toko laya’?*

- Answer was : When couples know the number of children they want to have, they can allocate and plan for the available resources by thinking about expenses of quality education, health care, nutritious food, clothing, etc. It allows for mutual understanding.

- And the winners are...

**Provocative Questions**

- What would you like to know about modern FP methods?
EPISODE 13: Family Planning Methods: Infertility Management

WHY IS THIS AN ISSUE? (Background information for the Host): People think family planning only means having fewer children. They don’t realize that family planning also means helping couples have children when they want them.

Talking Points:

- Family Planning/Child Birth Spacing is not just for couples who want to space their pregnancies but also for couples who want counseling on getting pregnant.
- FP providers are able to help some couple having difficulties in getting pregnant overcome their problems and have children.

Quiz Question:

Last week’s question was: Kini Idahun Folashade nigbati Bello beere wipe, se o ti l’oyun ni?
- And the winners are...

This week’s question is: Airomobi le wa lati ara okunrin tabi obirin”. Iro abi ooto?
- Remind listeners text for fabulous quiz prizes to: 0810 425 6125

Provocative Questions:

- Have you thought about the number of children you would like to have, and why have you came to your decision?