OVERVIEW

Short, targeted, activity-based sessions will provide key health information and resources to women in factories, improving their knowledge and confidence so that they can make healthy decisions about their lives. These trainings use fun, interesting activities to explore different types of contraception, safe abortion, sexually transmitted diseases—and importantly teach them how and where to access quality health services for their needs. They also encourage workers to challenge gender norms, empowering them to communicate more and better around sex. Sessions include memorable materials and interactive games to ensure workers maintain interest and learn as much as possible in a short time.

Training in small numbers, separating male and female workers, allows for comfort around sensitive topics and facilitates the greatest knowledge and behavior improvements, while follow-up activities outside the classroom encourages workers to seek out resources in real life and talk about what they have learned with their peers.

Training sessions are short to minimize disruption to production and are kept very flexible to allow factories to plan these however suits them best.

WHY PROVIDE TRAINING?

Providing health information and resources through an experienced trainer is important for ensuring that workers have accurate understanding and more importantly, feel confident enough to act on this understanding. It ensures the opportunity to ask questions on topics they find hard to understand or talk about and ensures access to a greater level of expertise.

OPTIONS FOR FACTORIES

- Factories can train multiple groups each week to increase the number of women reached
- Factories can run different sessions for different groups on the same day – such as one group attending the second session and one group attending the third session in the training cycle – so that workers can easily join another group the next week if they have to miss a session
- Training sessions can be linked to the other two Chat! components: video dramas and the mobile game

LINKS TO OTHER PARTS OF THE PACKAGE

- Key topics are also covered through the characters in the video dramas
- The mobile game includes questions to test knowledge and continue learning privately or with friends
- Referral system supports workers to act on new knowledge

KEY POINTS

- Weekly or bi-weekly training facilitated by experts
- 1-hour sessions
- 8 sessions total in the women’s training cycle
- 5 sessions total in the men’s training cycle
- Ideally 10-15 workers per group
- Women only

Offering training will:
TEACH accurate information
AND
EMPOWER healthy choices
Chat! Contraception

TRAINING OVERVIEW

**Chat! for her:**
- **Session 1:** Introduction to Chat!
- **Session 2:** Communication & Consent
- **Sessions 3-4:** Types of Contraception
- **Session 5:** Correcting Misconceptions
- **Session 6:** Emergency Contraception
- **Session 7:** Safe Abortion
- **Session 8:** Putting it all Together

**Chat! for him:**
- **Session 1:** Sex & Gender
- **Session 2:** Communication & Consent
- **Session 3:** Sexually Transmitted Infections
- **Session 4:** Contraception
- **Session 5:** Putting it all Together

TRAINING SCHEDULE OPTIONS

Workers should attend all sessions in order to get full benefit.

<table>
<thead>
<tr>
<th>Option</th>
<th>Details</th>
<th>Additions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Conduct 1 session each week</strong></td>
<td>Reach ~15 female workers every 2 months or ~15 male every month</td>
<td>Video dramas Mobile game</td>
</tr>
<tr>
<td><strong>Conduct the same session 3 times each week (on the same day)</strong></td>
<td>Reach ~25 female workers every 2 months Or ~15 male every month</td>
<td>Video dramas Mobile game</td>
</tr>
<tr>
<td><strong>Conduct the sessions 6 times each week (3 groups for men, 3 groups for women)</strong></td>
<td>Reach ~25 female workers every 2 months And ~25 male workers every month</td>
<td>Video dramas Mobile game</td>
</tr>
</tbody>
</table>

Based on each factory’s wishes, **CARE will provide qualified trainers** to conduct the desired number of sessions.

The factory will be asked to provide a private location for training and coordinate the schedules of workers who are attending. Ideally the same workers attend session in consequential order, though sessions can be amended to be standalone.