

# Game C: Life Cycle Hopscotch



## Purpose:

To discuss how women and men make decisions about their health and family planning and how these decisions may change throughout different times in their lives.

## Materials:

- Chalk or something to mark the ground where you are playing.
- A small pebble or stone.

## Take Away Messages:

- A person's choice for whether to use family planning and for which method to use will be influenced by their age and when or if they want to have children.
- Delaying a first birth has many benefits for women, couples and families.
- Young people need reproductive health and family planning information in order to choose when they want to get pregnant.

## Introduction:

Today we are going to play a hopscotch game as a way to begin discussing choices people make in their lives around when to get married, and whether or when to have their first child.

## How to Play:

- Draw a series of 10 boxes on the ground in a line, with boxes next to each other, like this:

1-5	6-10	11-14	15-19	20-25	26-35	36+
		11-14		20-25		36+

- Write numbers in each box with the following age ranges as shown above. Boxes that are next to each other should have the same age in them.
- Explain to participants that each box represents an age range in a person's life and that we will use the hopscotch game to discuss important life choices. Tell participants that you will call out a common life event, and that they should place the stone into the box they think represents the age at which that life event should happen. They should then hop, from zero, across the boxes to where the stone has landed.
- After the participant places the stone and hops to the box, ask:
  - Why do you think this is the right age for this event?
  - Is it the same age for boys and girls? Why?
  - Do you think this is the age people in your community think is the right age? Why is it the same or different from what you think?
  - Does anyone else here feel differently? Why?
- As each participant comes up for a turn, call out a different common life event from the list below. The person will follow the same steps: place the stone, hop to the square, and answer the same questions. You should feel free to choose the events that are most interesting to you or your community. Continue until everyone has had a turn, or until 15 – 20 minutes have passed.
  - Learn about sex and reproduction
  - Learn about family planning methods
  - Start using family planning
  - Start a job
  - A girl learn about menstruation
  - A boy learn about menstruation
  - Develop an interest in romantic relationships
  - Leave school
  - Get married
  - Have 1st child

**Additional discussion if there is interest and time:**

- ? Are life events like pregnancy something people can always control?  
What kinds of things determine when these things happen?
- ? Would anyone like to share their experience with planning for when to have children or how many children to have?

- What is one thing you learned today that you would share with a friend or family member?
- **Please talk with your health provider if you have questions or are interested in family planning.**