

B6

WORK-ORIENTED ADULT LITERACY PILOT PROJECT IN IRAN

POPULATION, FAMILY SIZE AND CONTRACEPTIVE EDUCATION  
ESFAHAN



Teaching Materials no 5

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## INTRODUCTION

Iran has one of the fastest growing populations in the world. With the present growth rate of 3% the population will double every 23 years. Present programmes to improve living conditions will be ineffective if the population continues to increase at the present rate.

His Imperial Majesty the Shahenshah Aryamehr has expressed his concern for the problem on numerous occasions and strongly supports the family planning programme.

The family planning programme is primarily the responsibility of the Ministry of Health. Contraceptives are provided by the health stations, Health Corps Teams, Social Insurance Hospital, the Red Lion and Sun clinics, Women's Organization clinics and at University hospitals. Information on the contraceptives is spread by the staff at the family planning clinics, the Health Corps girls, Social Workers, Mass Media and word of mouth communication.

During the last 3 months of the Persian Year 1349 there was a comprehensive Mass Communications Campaign. Acceptances for oral pills increase 60 percent and for IUD 80 percent. At present there are about 2,000 new oral pill acceptors and 100 IUD acceptors each month in the ostan of Esfahan.

### Research data for family planning

There are a total of 10 methods that have been used to develop and evaluate the family planning campaigns. All communications materials were pretested. Before the campaign began, there was survey of knowledge, attitudes and practice of family planning of 1000 men and women in the reproductive age groups. A post survey is currently in progress. There are 20 persons in the ostan who record daily what

they see and hear pertaining to family planning. During the campaign a man-on-the-street interview was conducted. The performance of the clinic personnel has been evaluated. At the end of each month an analysis of the family planning clinic records is made in order to determine which source of information was most effective in increasing acceptances. There is a follow-up of a sample of acceptors to determine continuous use of the methods chosen and to obtain guideline suggestions on improving the programme.

From this research guidelines on techniques of communicating the problem of population growth, the rationale for a small family and instructions on contraceptives has developed. The 4 literacy sequences for women and the 2 for men attempt to apply this technology.

Basically men and women approve of family planning and will use a contraceptive. They believe there should be two or three years between births. In the rural areas couples want to stop having children after the 4th or 5th birth and in the urban areas after the 3rd or 4th birth. Due to lack of effective contraceptives and/or knowledge of contraceptive services, as many as 40% of all pregnancies are unwanted. To provide couples with an opportunity to have children only when they are wanted, will require a more effective contraceptive, better delivery system and improved techniques of education and motivation.

### Objectives

To acquaint men and women in the literacy classes with the population problem with emphasis on how it affects their daily lives

to inform them of the basic concepts of family planning

to develop a rationale for two or three child family

to inform the pupils of the contraceptives available, their advantages and disadvantages.

### Evaluation of impact of the sequences

All the pupils will be given number coded leaflets. When the pupils take the leaflets to the clinics we can determine how many men

and women accepted family planning and from which literacy classes. A sample of pupils will be asked questions before and after the sequences to determine changes in knowledge, attitudes and practice to the subject matter. In addition, the teachers will be requested to evaluate the sequences and suggest changes.

After the analysis of the sequences is completed, they will be revised for next years programme.

#### Expansion of the programme

Plans are being considered to develop 20 sequences. In Esfahan ostan this would include 25,000 women. The sequences each lasting a week would be integrated with maternal and child health. By means of an epidemiological survey changes in behavior effecting family planning practices and maternal and child morbidity and mortality would be diagnosed.

The eventual goal is to modify the social and cultural mores promoting high fertility. To have couples perceive the personnel and community benefits of small families.

#### Training the trainers and teachers

To implement any development programme requires directives, training, material support, a rewarding system and supervision. The appendix is a directive describing the role of school teachers in a family planning programme. An outline of a possible training programme is also appended. Also attached are instructions for supervisors and forms they can use in gauging the effectiveness of the teachers.

The trainers and teachers must be thoroughly acquainted with the subject matter. They must be able to stimulate and direct class discussion. To have the pupils make decisions as a group. They should be able to conduct a survey of public knowledge and attitude on the subject matter and evaluate the changes, that take place. They should be able to use audio visual and graphic aids for groups. Ideally they should want small families and be practicing a method of contraception themselves. From surveys conducted of school teachers the latter qualification seems to be met.

The teacher and trainers should be trained to get commitments from the pupils. The pupils should fix an ideal family size, determine which contraceptives they would like and once chosen continuously use the method. Commitment to obtain these goals can be achieved. The teachers should be trained to obtain public commitment in the group. Married couples should be encouraged to talk for themselves. Besides commitment in a group the couples could sign statement expressing their goals.

| FAMILY PLANNING - CURRICULUM OUTLINE - WOMEN |                         |   |
|--|-------------------------|---|
| SUBJECT CENTRE                               | SEQUENCE TOPIC          | SESSION TOPIC   |
| Family planning                              | 1. Population problems. | <p><u>Tech.</u> The population problem.</p> <p><u>Soci.</u> The health, economic and education problems.</p> <p><u>Draw.</u> Age profile, growth chart, dividing land.</p> <p><u>Math.</u> Birth rates, death rates and growth rates.</p> <p><u>Lang.</u></p> |
|  | 2. Family planning.     | <p><u>Tech.</u> Why family planning.</p> <p><u>Soci.</u> The large and small family.</p> <p><u>Draw.</u> Contrast of two families.</p> <p><u>Math.</u> Dividing food and house space.</p> <p><u>Lang.</u></p>   |
|  | 3. 2 or 3 child family. | <p><u>Tech.</u> Why 2 or 3 children.</p> <p><u>Soci.</u> Yours and your children basic needs.</p> <p><u>Math.</u> Calculation of needs, Calculation of income for needs.</p> <p><u>Lang.</u></p>  |
|  | 4. Contraception        | <p><u>Tech.</u> Which contraceptive for you.</p> <p><u>Soci.</u> Husband and wife choose method.</p> <p><u>Draw.</u> Contraceptives and how they work.</p> <p><u>Math.</u> When to take the pill or get and IUD.</p> <p><u>Lang.</u></p>                      |

FAMILY PLANNING PROGRAMME

INSTRUCTORS PLAN FOR DIDACTIC SEQUENCE DEVELOPMENT

Sequence 1 - Population problem:

WOMEN

| DAY ONE  | DAY TWO  | DAY THREE  |
|--|--|--|
| Revision of previous sequence 60°<br>Introduction of new topic and technical instruction 60° | Socio-economic 30°<br>Language 60°<br>Poster's description 30° | Mathematics 50°<br>Language 40°<br>Dictation 30° |
| DAY FOUR   | DAY FIVE   | DAY SIX  |
| Mathematics 50°<br>Language 40°<br>Free up to teacher 30°                                    | Mathematics 60°<br>Language 60°                                | Revision 60°<br>Practice 60°                     |

Sequence 2 - Family planning:

WOMEN

| DAY ONE  | DAY TWO   | DAY THREE   |
|--|---|---|
| Revision of previous sequence 60°<br>Introduction of new topic and technical instruction 60° | Socio-economic 30°<br>Language 40°<br>Dictation 50°                             | Mathematics 60°<br>Language 40°<br>Free up to teacher 20° |
| DAY FOUR   | DAY FIVE  | DAY SIX   |
| Mathematics 60°<br>Language 30°<br>Dictation 30°   | Mathematics 60°<br>Language 30°<br>Checking of difficulties of participants 30° | Revision 30°<br>Practice 60°                              |

Sequence 3 - Two or three child family:

WOMEN

| DAY ONE   | DAY TWO  | DAY THREE                                     |
|---|--|---|
| Revision of previous sequence 60'                       | Socio economic 30'<br>Language 50'<br>Dictation 40'          | Mathematics 60'<br>Language 40'<br>Others 20' |
| Introduction of new topic and technical instruction 60' |  |   |
| DAY FOUR  | DAY FIVE   | DAY SIX                                       |
| Mathematics 60'<br>Language 30'<br>Dictation 30'        | Mathematics 60'<br>Language 40'<br>Technical instruction 20' | Revision 60'<br>Practice 60'                  |

Sequence 4 - Contraception:

WOMEN

| DAY ONE   | DAY TWO  | DAY THREE                                     |
|---|--|---|
| Revision of previous sequence 60'                       | Socio-economic 30'<br>Language 50'<br>Dictation 40'          | Mathematics 60'<br>Language 40'<br>Others 20' |
| Introduction of new topic and technical instruction 60' |  |   |
| DAY FOUR  | DAY FIVE   | DAY SIX                                       |
| Mathematics 60'<br>Language 30'<br>Dictation 30'        | Mathematics 60'<br>Language 40'<br>Technical instruction 20' | Revision 60'<br>Practice 60'                  |

Sequence 1 - Population problem:

MEN

| DAY ONE  | DAY TWO                            | DAY THREE  |
|--|------------------------------------|--|
| Rivision of previous<br>sequence 60'<br>Introduction of new<br>topic 60' | Socio-economic 60'<br>Language 60' | Technical content 40'<br>Drawing 60'<br>Free up to teacher 20' |
| DAY FOUR   | DAY FIVE                           | DAY SIX  |
| Language 60'<br>Mathematics 60'  | Mathematics 60'<br>Language 60'    | Rivision 60'<br>Practice 60'                                   |

Sequence 2 - Contraception:

MEN

| DAY ONE  | DAY TWO                            | DAY THREE   |
|--|------------------------------------|---|
| Revision of previous<br>sequence 60'<br>Introduction of new<br>topic 60' | Language 60'<br>Socio-economic 60' | Technical content 40'<br>Language 60'<br>Free up to teacher 20' |
| DAY FOUR   | DAY FIVE                           | DAY SIX   |
| Language 60'<br>Mathematics 60'  | Mathematics 60'<br>Language 60'    | Rivision 60'<br>Practice 60'                                    |

THE POPULATION PROBLEM

FOR WOMEN

SEQUENCE 1

THE POPULATION PROBLEM

|          |   |
|----------|---|
| FP       | I |
| T E C H. |   |
| 1        | 1 |

Rapid population increase

The number of people is increasing very fast in the world, in Iran and in our community. The rate of population growth slows agricultural, economic, health, education and welfare progress. If married couples continue to have large families of 5 to 8 children progress will be slow or maybe impossible. The rate of growth is 3%. With this rate of growth the population will double every 24 years. The reason for this rapid population growth is that more people are surviving today. At sometime in the future the population growth must stop.

The population growth

There are 50 births and 20 deaths each year for every 1000 population. The rate of growth is 30 per 1000 or 3%. With a population that doubles in 24 years in 100 years there are eight times as many people. In our community there would be poverty, disease and famines for our grand children. Even if all families have only 2 or 3 children, the population will still double.

The population density

Farmers must either divide their land among their sons or send them to the cities. If they go to the cities they are usually unskilled and uneducated. If they stay at home, there may not be enough land for cultivation.

If the people in the cities continue to have large families, there would not be enough jobs for everyone. The crowded living conditions are unhealthy and uncomfortable. The government and the family can provide better education and job opportunities if parents have two or three children.

Zero population growth

Almost one half of the total population is below 15 years old.

Even if the young people have only 2 or 3 children, the population will double after 68 years. At some time the population must stop. To have progress people must decide to have 2 or 3 children and stop. Zero population growth means that the population in one year is as same as the year before. The population growth is equal to zero. If couples have only 2 or 3 children the population would stop in 68 years, but there would still be twice as many people as today.

|          |   |
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| FP       | I |
| T E C H. |   |
| 2        | 1 |

SOCIAL ECONOMIC ASPECTS OF POPULATION GROWTH

|          |   |
|----------|---|
| FP       | I |
| S O C I. |   |
| 3        | 1 |

The health problem to community and family

Mothers who deliver their 5th or 6th child are twice as likely to die at birth then women who deliver a second or third birth. Children in families of 5 or 6 children have poorer health than less crowded families. There is more tuberculosis, poorer sanitation and poorer nutrition in large families. With small families there is less crowding and fewer diseases. When there is at least 2 or 3 years between births both the health of the mother and her babies is improved.

The economic benefits to community and family

With fewer people there is less competition for jobs. There are more and better teachers and schools. There is more skilled labor and less child labor. Families can have more modern conveniences such as radios, refrigerator, stove, water heater and even T.V.s. Agricultural production is greater because land size remains big; there is machines, fertilizers and improved farming practices. In Iran more than one half of the people work in farming while in the United States only 5%. With small families fewer people would be producing more food.

Two or three children means better jobs, more schools, better health, improved agriculture and a more prosperous life.

MENTAL CALCULATION - PER CENT

|          |   |
|----------|---|
| FP       | I |
| M A T H. |   |
| 4        | 1 |

The teacher can teach the students with a simple example:

If we mix 30 grs. of a tea which has good colour with 70 grs. of another tea which has a good taste, we have 100 grs. of tea. This tea is consisted of 30% of the first kind and 70% of the second one. If we mix ten times as much, we would have 300 grs. of the first kind and 700 grs. of the second.

Another example: if the population of a city is 5,000 and 40 people are born in a year, the per cent of those who were born is 40 per 5000. If 20 people died the percent of the dead is 20 per 5000. How many people are added to this city in a year? (40-20=20) or 20 per 5000.

Now, if 30 people are added per 1000 population of a city, the population of the city is twice as much after 24 years. With a simple calculation this will be clear:

$$\text{The first year : } 1000 + 30 = 1030$$

$$1000 \times 3,0\% = 30$$

$$\text{The second year : } 1030 + 31 = 1061$$

$$1030 \times 3,0\% = 31$$

$$\text{The twenty fourth year : } 2000$$

So, after 48 years it is 4 times as much and after 72 years it is 8 times.

If the population continues to increase, no one can have a proper means of education or life style. So, the population growth rate must be reduced, otherwise there will be a disaster.

To measure an area we use square metre: i.e. a square where each side is one metre. To measure large areas we use Jerib, which is 1000 square meters. For example: there is a rectangle, its length is 60 meters and its width is 50 meters, what is its area?  
 $60 \times 50 = 3000$  square meters. i.e.  $3000 : 1000 = 3$  jerib.

PRACTICAL CALCULATION

FP | I

M A T H.

5 | 1

If we mix 60 kg. of wheat with 40 kg. of another kind of it, in this mixture the percent of the first kind is 60% and the other one 40%. The students in a school are 100, if 10 students are added what is percent increase? (10%). If 10 students leave the school, what is the percentage decrease? (10%).

The population of a village is 1000, last year 60 were born there, what percent have been born? (60 per 1000). If 20 were dead what percent were dead? (20 per 1000). What is the percentage of addition people to this village? (40 per 1000)  $60 - 20 = 40$ .

If the length of a class is 6 meters and the width 4 meters, what is the are?  $6 \times 4 = 24$ .

The length of our neighbour's garden is 100 meters and the width 50 meters, how many square meters are there?  $100 \times 50 = 5000$  se.meters. How many jerib?  $5000 : 1000 = 5$  jeribs.

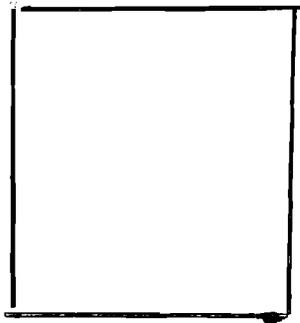
|          |   |
|----------|---|
| FP       | I |
| D R A W. |   |
| 6        | 1 |

THE FARMERS LAND

1.

Areas:  $60 \times 50 = 3000$  sq.meter

3000 sq.meter = 3 jeribs

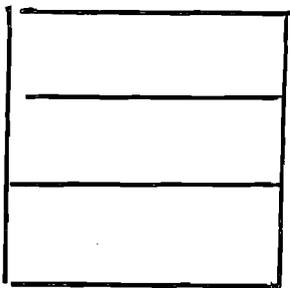


THE LAND FOR FARMERS' THREE SONS

2.

$\frac{3 \text{ jeribs}}{3 \text{ sons}}$

= one jerib per son



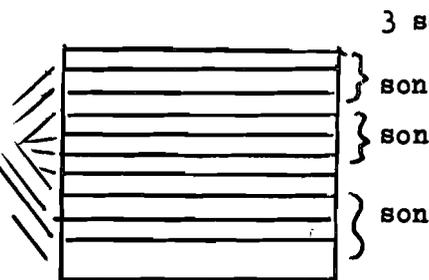
THE LAND FOR FARMERS' 9 GRANDSONS

3.

$\frac{1 \text{ jerib}}{3 \text{ sons}}$

= one third jerib per son

9  
grandsons



3 sons

} son

} son

} son

|          |   |
|----------|---|
| FP       | I |
| D R A W. |   |
| 7        | 1 |

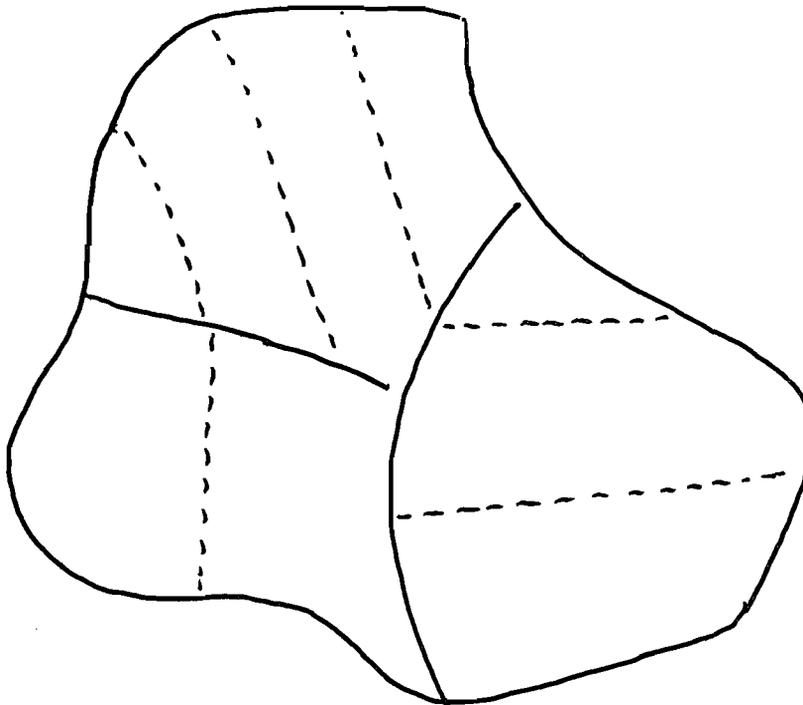
Draw your land area and then divide the land between the number of sons you have and then the grandsons you hope to have.

Sample

A man with 3 sons and grandsons:

one son

4 grandsons



one son  
3 grandsons

one son

2 grandsons

How many sons do you want to have?

How many grandsons?

How many great grandsons?

THE POPULATION PROBLEM

|          |   |
|----------|---|
| FP       | I |
| L A N G. |   |
| 8        | 1 |

The population growth is rapidly increasing in Iran, and in the world. It hampers agricultural, health, economical and educational progress.

The rate of population growth is 3%. So, the population doubles every 24 years. The reason for this rapid growth of population is that more people are surviving today.

The population growth in Iran

There are 50 births and 20 deaths per 1000 population every year. So, the rate of population growth is 30 per 1000 people or 3%. The population increases 8 times every 100 years. Disease, famine and poverty will plague the world.

The population density

The farmers must divide their lands among their sons or send them to the cities. If they go to the cities they are usually uneducated and unskilled. If they stay at their village they wont have enough land for cultivation.

If the population continues to increase at a rapid rate there will not be enough jobs. Living conditions will be unhealthy and uncomfortable. If the families have 2 - 3 children they can live more comfortably and there are adequate jobs.

Zero growth rate

Almost one half of the total population of the world is under 15 years of age. Even if the young families have 2 - 3 children, the population will double after 68 years. At some time the population growth must stop.

To have a better and more comfortable life, the families must decide to have 2 - 3 children. Even if all couples have only 2 or 3 children the population will double in 60 years.

|            |   |
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| FP         | I |
| WORK SHEET |   |
| 9          | 1 |

Birth rate

$$\frac{50}{1000} \times 1000 = \text{per 1000}$$

$$\frac{80}{1900} \times 1000 = \text{per 1000}$$

Death rate

$$\frac{20}{1000} = \text{per 1000}$$

$$\frac{35}{1800} = \text{per 1000}$$

Growth rate

B D

$$48 - 18 =$$
$$43 - 17 =$$
$$40 - 12 =$$

The number of births last year \_\_\_\_\_ x 1000 =  
The population

Death last year x 1000 =  
The population

Birth rate \_\_\_\_\_ Death rate = per 1000

|            |   |
|------------|---|
| FP         | I |
| WORK SHEET |   |
| 10         | 1 |

Population of village x rate of population growth =  
number of new people added each year.  $1000 \times .03 = 30$

1st year: Add new people to total population =  
 $1000 + 30 = 1030$

2nd year:  $1030 \times .03 = 30.9$  or 31  
 $1030 + 31 = 1061$

3rd year:  $1061 \times .03 = 31.83$  or 32  
 $1061 + 32 = 1093$

4th year:  $1093 \times .03 =$

5th year:  $\times .03$

6th year:  $\times .03$

7th year:  $\times .03$

8th year:  $\times .03$

9th year:  $\times .03$

10th year:  $\times .03$

11th year:  $\times .03$

12th year:  $\times .03$

13th year:  $\times .03$

14th year:  $\times .03$

15th year:  $\times .03$

16th year:  $\times .03$

17th year:  $\times .03$

18th year:  $\times .03$

19th year:  $\times .03$

20th year:  $\times .03$

21st year:  $\times .03$

22nd year:  $\times .03$

24th year:  $\times .03$

It took 24 years for population to double.

In another 24 years or 50 years from now the population will  
be 4,000.

When should the population stop?

|            |   |
|------------|---|
| FP         | I |
| WORK SHEET |   |
| 11         | 1 |

|       |          |
|-------|----------|
| 2000  | 24 years |
| 4000  | 48 "     |
| 8000  | 72 "     |
| 16000 | 96 "     |
| 32000 | 120 "    |

Remember even if all couples decided to have 2 or 3 children the population will double. When should the population in your community stop?

|            |   |
|------------|---|
| FP         | I |
| WORK SHEET |   |
| 12         | 1 |

A. Use each of the following words in a sentence:

Zero population growth

Density

Birth rate

B. Complete the following sentences by inserting the appropriate word:

1. The \_\_\_\_\_ of Iran is 50 and the \_\_\_\_\_ is 20, therefore the \_\_\_\_\_ is 30 per 1000.

2. At sometime in the future the growth rate must be \_\_\_\_\_.

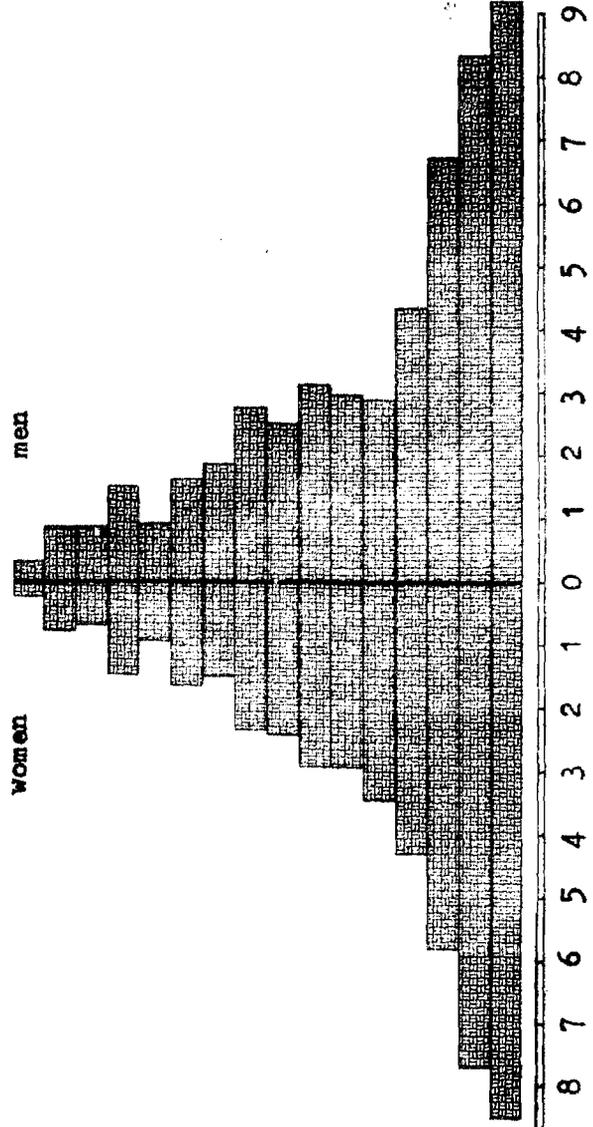
C. Write each of the following words five times:

Population

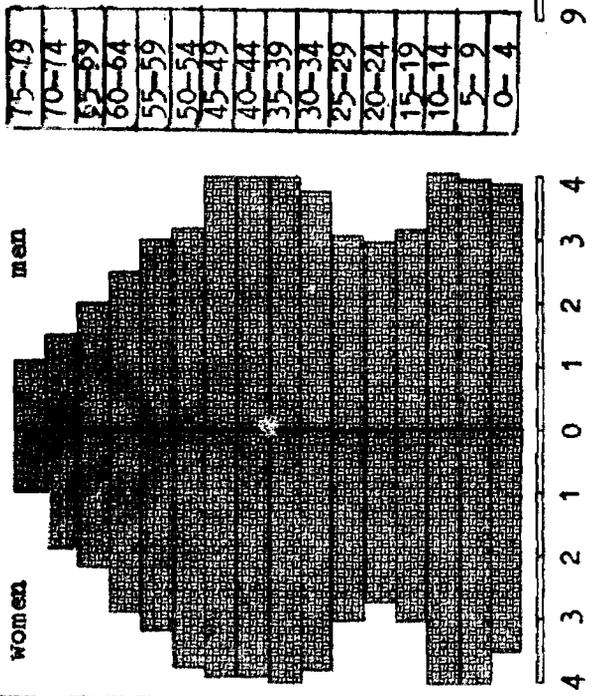
Death rate

Birth rate

The Age Pyramid of Esfahan Population in 1966 (1345)



The Age Pyramid of Sweden Population in 1965 (1346)



As you see 47 percent of the population in Esfahan are those who are till 15 years old, and they need to be cared. They have expenses which their parents must pay. But the number of them in Sweden is 24 percent of the population, or one half of the Age Population of Esfahan province.

|      |   |
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| FP   | I |
| POST |   |
| 13   | 1 |

FAMILY PLANNING

FOR WOMEN

SEQUENCE 2

WHY FAMILY PLANNING

|          |   |
|----------|---|
| FP       | I |
| T E C H. |   |
| 1        | 2 |

The Shah supports family planning

His Imperial Majesty the Shahenshah Aryamehr has stated, "The rapid and unexpected increase of population has created a critical situation for humanity. High population growth rates seriously hamper efforts to raise the standard of living for the individual. In a too rapidly expanding population it is impossible to provide education, health and social services, food, housing, etc. for a rapidly increasing population. Family planning has been proposed as a solution. The aim of family planning is to provide for and to consolidate the welfare of the family and society. To achieve this vital aim, we need to give careful attention to family size".

Family planning and the Moslem religion

In Koran, it is said that suitable time intervals between children or limitation of the number of children is not illegal.

His Excellency Ayatollah Haji Sheikh Bahaeddin Mahallati of Iran has stated the use of contraceptives is not illegal. Neither the Koran nor the Prophet object to using means to space or stop child birth. It is stated that married couples should not have children they cannot properly care for.

What is family planning?

You can decide how many children you want and when to have them. Family planning is safe and effective. Many people like yourself are practicing family planning. There is contraceptive method to suit you. You should talk with your spouse about the ideal family size and methods to obtain that size. And then refer to Health Centers for necessary guidance.

When to space your births?

When couples first marry they want to enjoy living with each other. Newly married couples need time to know each other better.

Many young people wait 2 or even 4 years before having children. This time is spent saving money for a more comfortable life or getting a better education for a better job. For health reasons most couples space their children at least 3 years apart. Time is needed after a birth for the women to regain her health. Mothers find it easier to take care of children 3 years apart. Trying to take care of two babies at the same time is difficult and can be dangerous to the health of the mother and child. Young married people should decide not to have more than 2 or 3 children.

|          |   |
|----------|---|
| FP       | I |
| T E C H. |   |
| 2        | 2 |

Socio economic aspects

As mentioned in the population section, the family, community and nation benefit by couples who decided to have two or three children. If couples continue to have large families, there will be very little economic progress and eventually people will be very poor. There is no joy in life greater than the love and affection of children. Two children can be considered ideal if there is a boy and girl and they are both healthy. Three children can be considered ideal if the first two children are girls and the family wants a boy. If the parents fear one of their children will die, then a third child may be considered necessary.

THE LARGE AND SMALL FAMILY

The large family of 5 or more children was necessary in the past. Many children died so parents needed to have 8 or 9 pregnancies in order to have 4 or 5 children surviving. Parents wanted support in old age. Now 2 or 3 well educated and cared for children can provide better support than 6 or 7 uneducated children. In the old days children were needed to help with the work on farms and in the crafts in cities. Now agriculture can be mechanized and large factories produce most goods. Children are often more of a burden than help.

The main reasons to have only 2 or 3 children is for the health and welfare of the family. The children of a small family are better cared for, their education is better, and the contribution to society greater. They live in less crowded homes so they have more room for them to play and concentrate on their studies.

|          |   |
|----------|---|
| FP       | I |
| S O C I. |   |
| 3        | 2 |

|      |   |
|------|---|
| FP   | I |
| DRAW |   |
| 4    | 2 |



A FAMILY WITH MANY CHILDREN BUT DISTURBED



A FAMILY WITH A FEW CHILDREN BUT TRANQUIL

MENTAL CALCULATION

As you know the unit of weight is a kilogram. A kg. is equal to 1000 grams. Half a kg. is 500 grs. One (Man) is equal to 3 kgs. and 4 (Charaks). The unit of money in Iran is Rial, which is: one Rial is equal to 100 Dinar or 20 Shahi, one Tuman is equal to 10 Rls., ten Tuman is 100 Rls. The teacher may show the different coins and notes to the students.

|          |   |
|----------|---|
| FP       | I |
| M A T H. |   |
| 5        | 2 |

Division is dividing one thing to some equal parts:

1. We want to divide 20 Rls. among 5 persons.  $20 : 5 = 4$  Rls. to each person.

2. We want to know how many 5 Rls. are there in 20 Rls? We have four five Rls. in 20 Rls.

Division can be used to divide one's daily income or a room area.

PRACTICAL CALCULATION

What is kilogram? Are other weights used for weighing? How many kg. are there in one Man? (3 kgs.).

How many Charack are there in one Man? (4 Charak). How many grs. are there in half a kg.? (500 grs.).

How many Rials are there in 3 Tumans?

How many Tuman is 50 Rls.?

Divide 900 grs. of meat among 9 persons so that each one gets the same amount. How is this done?

The area of our room is 24 square metres, if 6 persons live there, how much room is there for each person? (We divide).

Ahmad buys 3 kgs. of bread, if there are 6 people in his family, what is the portion of each one? If 10 persons live in that room, what is the portion of each one? Which of those above mentioned persons live more comfortably?

FAMILY PLANNING

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| FP       | I |
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His Imperial Majesty the Shahenshah Aryamehr supports "Family Planning". The Shahenshah has stated:

"The rapid unexpected increase of population has created a critical situation for humanity. In a too rapidly expanding population it is impossible to provide education, health and social services.

The aim of family planning is to provide the welfare for all the families. To achieve this vital aim, we need to give careful attention to family size".

Family planning and the Moslem religion

His Excellency Ayatollah Mahallati has stated: "The use of contraceptives is not illegal". The Koran does not object to using means to space or stop child birth. It is said that the parents should not have children that can not take care of.

What is family planning?

You can decide how many children you want and when to have them. There are ways to do so that are safe and reliable.

Wife and husband should talk together and choose the family size they want. They can go to the Health Centres for advice.

When to space your births?

When couples first marry they want to enjoy living with each other. They need time to know each other better. Some young people wait 2 or 4 years before having children. This time is spent saving money for a more comfortable life or getting a better education, or a better job. For health reasons the space between children must be at least 3 years. Time is needed after a birth for the woman to regain her health.

Trying to take care of two babies at the same time is difficult and can be dangerous to the health of the mother and child. Most young married couples decide not to have more than 2 or 3 children. Large families make economical progress difficult.

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To have a healthy son and daughter is ideal. If they have two daughters and the parents are eager to have a son or if they have two sons and want to have a daughter, a third child may be necessary.

In the past the parents needed to have 8 or 9 pregnancies in order to have 4 or 5 children. But today the rate of death is less and it is enough to have 3 pregnancies to have 2 or 3 children. 2 or 3 well educated and cared for children can provide better support in old age than 7 or 8 uneducated children. The children of a small family are better cared for, their education and food is better and they have more space for living.

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| WORK SHEET |   |
| 8          | 2 |

How much money do you spend on food in one day? —

How much could you spend for each child? —

Divide the amount you spend by the number of children you have.

$$\frac{\text{amount spend per day}}{\text{number of children}} =$$

How much would be spent for 6 children and 3 children?

$$\frac{\quad}{6} =$$

$$\frac{\quad}{3} =$$

How much space do you have in your house?

$$\frac{\text{sq.meter of space}}{\text{number of children}} =$$

$$\frac{\quad}{6}$$

$$\frac{\quad}{3}$$

THE TWO OR THREE CHILD FAMILY

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What do you want most for your family?

Do you want better educated children, a nice house to live in, or more and better food. Now that you can have children only when you want them, you can practise family planning and afford a better life for yourself, your children.

What are the benefits for the father and mother?

With 2 or 3 children the father can afford a better education for his children. Because the children will be healthier and better educated, they will be able to provide more for their father and mother when they are older.

Unwanted child causes anxiety for the parents and can not be well cared for. The fewer children, the more and better food. In large families the children find it difficult to continue their studies, so they usually do not have a comfortable life. The parents who are not able to make a suitable life for their children, are sorry they had so much children.

Why does our government believe family planning is important?

Our government wants happy health families where each family has more housing, jobs, schooling, food, public sanitation and less poverty, crime, crowded living conditions and illegal abortions.

Statistics have shown that the most unfortunate people have come from the low income and large families. If you want to have a healthy and happy family, practise family planning. You should know that today a large family is not a sign of wealth.

It is the duty of all the Iranian parents to cooperate, so that family planning is successful. The mothers must try to have healthy and happy children.

PLANNING FOR THE FUTURE

Everyone has basic goals for themselves and for their children. They want good housing, food, clothing, health and education.

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Some expenditures are daily, some monthly and others yearly. The cost of food can be calculated during a days time, the cost of household good such as matches, and soaps during a month and cost of clothing, housing and modern conveniences such as a stove, water heater and radio during a years period. First we need to know how much we spend for these items now. Then we need to think about what we want in the future. What kind of education do we want for our children? What modern conveniences?

We also need to plan how many children can be given proper food, clothing, housing, education and medical care. When should we have children and how long a time between births?

THE 2 OR 3 CHILD FAMILY

FOR WOMEN

SEQUENCE 3

You are to add up your daily food cost, your monthly medical, clothing and housing expenses and your yearly cost of education and modern conveniences. You are also to think about your future desire. In five years what do you want in the way of education for your children, spare in you have, medical care, food, clothing and modern conveniences.

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| 3        | 3 |

You must remember that each additional child required more room in the home, food, clothing and educational expense. For each child you plan to have, you should add 10% for the cost of food during the five years, 10% for housing, and 10% for clothing. There will be no educational cost for a child born during the five years. But if you have children and want them to attend school, you must think of their cost during the five years.

2 OR 3 CHILDREN IN A FAMILY

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| 4        | 3 |

What do you want for your family?

Do you want to have a comfortable house? Do you want to give good and enough food to your children? Do you want your children to go to school?

If you say "yes" you should pay attention to the family planning.

You can have pregnancies only when you want, the space between two children can be decided by the wife and her husband. The family which has 2 or 3 children, usually have a healthy, happy life and better education for their children.

Unwanted children causes anxiety for their parents, they can not be protected and cared for adequately.

Those who have a few children can prepare better and more food for them.

Our government pays attention to family planning.

Our government wants happy healthy families. Our government wants each family to have more housing jobs, schooling and food, and less poverty and crime.

All the families should pay attention to the family planning and decide the numbers of children they want and space between them.

Parents should not have children they can not provide suitable housing, food, and schooling.

The parents must have goals for themselves and their children, and know that their children need suitable housing, enough food, clothing and good schooling.

COST OF GOALS TO BE ACHIEVED

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| WORK SHEET |   |
| 5          | 3 |

| A. <u>Food</u>               | Amount spent<br>previous day | Goal for family<br>in five years |
|------------------------------|------------------------------|----------------------------------|
| Dairy products and eggs      | _____                        | _____                            |
| Flour and grains             | _____                        | _____                            |
| Bread                        | _____                        | _____                            |
| Rice                         | _____                        | _____                            |
| Meat                         | _____                        | _____                            |
| Cooking oils                 | _____                        | _____                            |
| Sugar                        | _____                        | _____                            |
| Sweets                       | _____                        | _____                            |
| Fruits                       | _____                        | _____                            |
| Vegetables                   | _____                        | _____                            |
| Tea                          | _____                        | _____                            |
| Beverage                     | _____                        | _____                            |
| Food away from home          | _____                        | _____                            |
| 1. Total expenditure per day | _____                        | _____                            |

B. Housing

If you own your home calculate the cost to rent the house during a month.

|                                     | Amount spent<br>in month | Goal for family<br>in five years |
|-------------------------------------|--------------------------|----------------------------------|
| Rental per month                    | _____                    | _____                            |
| Repairs per month                   | _____                    | _____                            |
| Electricity                         | _____                    | _____                            |
| Oil                                 | _____                    | _____                            |
| Gas                                 | _____                    | _____                            |
| Wood                                | _____                    | _____                            |
| Charcoal                            | _____                    | _____                            |
| 2. Total cost for housing per month | _____                    | _____                            |

| C. <u>Clothing cost</u>              | Amount per month | Goal for family in five years |
|--------------------------------------|------------------|-------------------------------|
| Shoes                                | _____            | _____                         |
| Clothes for wife                     | _____            | _____                         |
| Clothes for husband                  | _____            | _____                         |
| Clothes for girls                    | _____            | _____                         |
| Clothes for boys                     | _____            | _____                         |
| 3. Total cost for clothing per month | _____            | _____                         |

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| WORK SHEET |   |
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D. Education

How much education do you want for your children? Each year of primary school cost about 1000 rials, for secondary 1500 rials and for college 2000 rials per year. This includes textbook and tuition.

|                     | Present expenditure | Goal for family in five years |
|---------------------|---------------------|-------------------------------|
| Child one           | _____               | _____                         |
| " two               | _____               | _____                         |
| " three             | _____               | _____                         |
| " four              | _____               | _____                         |
| " five              | _____               | _____                         |
| " six               | _____               | _____                         |
| " seven             | _____               | _____                         |
| " eight             | _____               | _____                         |
| Total cost per year | _____               | _____                         |

| E. <u>Modern conveniences</u> | Currently owned expenditure during the year | Plan to have in five years |
|-------------------------------|---|----------------------------|
| Radio                         | _____                                       | _____                      |
| Stove                         | _____                                       | _____                      |
| Refrigerator                  | _____                                       | _____                      |
| Bycicle                       | _____                                       | _____                      |
| Fan                           | _____                                       | _____                      |
| Heaters                       | _____                                       | _____                      |
| Rugs                          | _____                                       | _____                      |
| Bedroom furniture             | _____                                       | _____                      |
| Chairs and tables             | _____                                       | _____                      |

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| WORK SHEET |   |
| 7          | 3 |

|  |  |                               |
|--|--|-------------------------------|
| E. <u>Modern conveniences</u><br>(continued) | Currently owned expen-<br>diture during the year | Plan to have in<br>five years |
| Others                                       | _____  | _____                         |
|  | _____  | _____                         |
|  | _____  | _____                         |
|  | _____  | _____                         |
|  | _____  | _____                         |
| 5. Total cost per year                       | _____  | _____                         |

|                         |                |                                 |
|-------------------------|----------------|---------------------------------|
| F. <u>Medical cost</u>  | Cost per month | Cost per month<br>in five years |
| Doctors expenses        | _____          | _____                           |
| Medicines               | _____          | _____                           |
| Hospital expense        | _____          | _____                           |
| 6. Total cost per month | _____          | _____                           |

|                          |                |                                 |
|--------------------------|----------------|---------------------------------|
| G. <u>Transportation</u> | Cost per month | Cost per month<br>in five years |
| Bus                      | _____          | _____                           |
| Taxi                     | _____          | _____                           |
| Train                    | _____          | _____                           |
| Other                    | _____          | _____                           |
| 7. Total cost per month  | _____          | _____                           |

Current and expected cost in 5 years

|                                     |              |               |
|-------------------------------------|--------------|---------------|
|                                     | Current cost | Cost of goals |
| A. Food: multiply column 1 x 360    | _____        | _____         |
| B. Housing: multiply column 2 x 12  | _____        | _____         |
| C. Clothing: multiply column 3 x 12 | _____        | _____         |
| D. Education: place column 4 here   | _____        | _____         |

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| WORK SHEET |   |
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Current and expected cost in 5 years (continued)

|  | Current cost | Cost of goals |
|--|--------------|---------------|
| E. Modern conveniences: place column<br>5 here | _____        | _____         |
| F. Medical cost: multiply column<br>6 x 12     | _____        | _____         |
| G. Transportation: multiply column<br>7 x 12   | _____        | _____         |
| Total expenditures                             | _____        | _____         |

What is current annual income? \_\_\_\_\_

What is expected income in five years? \_\_\_\_\_

How many children do you plan to have during the next five years?

WHICH CONTRACEPTIVE FOR YOU

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There is a method of stopping or spacing children which will suit you. If you do not wait to have any more children, you can have a sterilization. For women the operation requires 2 or 3 days in the hospital. For the man the operation can be done in 10 minutes. There is no charge in man or woman except they can no longer have any more children. Married life is often happier because there is no fear of unwanted pregnancies.

The loop is a small plastic materials which fits in the womb. The doctor can put the loop there in a few minutes without any pain. If the woman wants another pregnancy, the loop is easily removed. Some women will have bleeding and back aches but these problems usually go away. The loop is not dangerous. The loop is easy to use.

The oral pill is 100% effective in preventing pregnancy. A woman takes the pill beginning on the 5th day after menstruation and continues taking the pills for 21 days. She stops taking the pills for a week and then begins for 3 weeks. She repeats this process as long as she does not want to get pregnant. Some women will have head aches and more bleeding but these problems usually go away. If the problems continue, she should return to the doctor. The pill is safe and reliable.

The condom is used by the man whenever he wants to prevent pregnancy. The condom is reliable but must be used everytime.

Generally couples who have more children they want get a sterilization. Sterilization takes only 10 minutes for men. But women must stay in hospital 2 or 3 days. Sterilization is done free of charge. Once the operation is performed, parents cannot have any more children. Their life is happier because there is no fear of unwanted pregnancies. Loop or pill are good for spacing children.

CONTRACEPTION

FOR WOMEN

SEQUENCE 4

The teacher must know that: IUD and loop have the same meaning and it is made of plastic material which is placed in the woman's womb. Those that want to stop pregnancies but may want children later, get the loop. The oral pill is good for spacing children.

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| 2        | 4 |

CONTRACEPTIVES

Most men and women marry at a young age. By the time they are 30 years old, they have 3, 4 or 5 children. At this time they want to stop child birth. Millions of women in Iran are getting the oral pills and IUDs. These means of stopping or spacing pregnancies are used by millions of women all over the world. Not all women can use these methods but most women can. The methods do cause some bleeding but this problem is never serious and usually goes away.

The man and wife should think about all the methods and then decide then which will suit them. The health will improve for the children and mother. The finances will improve because there will be more for each member of the family. The parents are happier because they no longer need to fear unwanted pregnancies.

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|          |   |
|----------|---|
| FP       | I |
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| 4        | 4 |

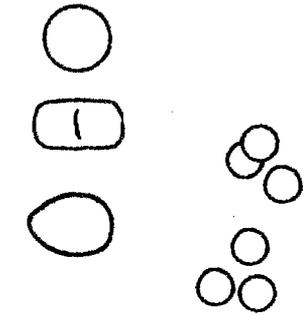
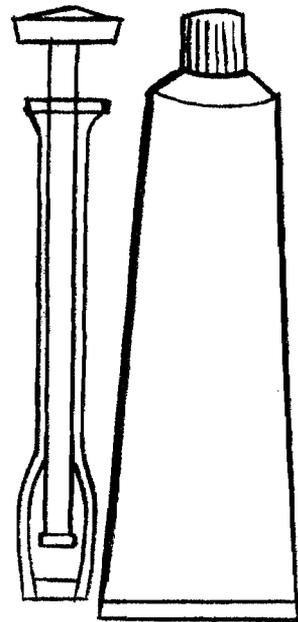
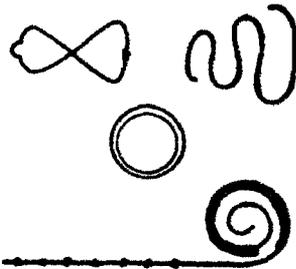
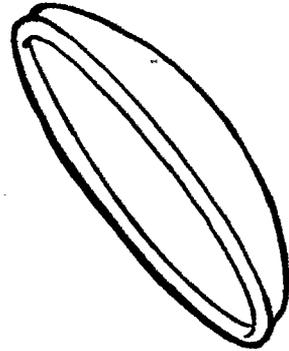
Farvardin - 1350

| Fri.      | Thurs.    | Wed.      | Tues.         | Mon.          | Sun.          | Sat.          |
|-----------|-----------|-----------|---------------|---------------|---------------|---------------|
| 6         | 5         | 4         | 3             | 2             | 1             |               |
| <u>13</u> | <u>12</u> | <u>11</u> | <u>10</u>     | <u>9</u>      | <u>8</u>      | <u>7</u>      |
| <u>20</u> | <u>19</u> | <u>18</u> | <u>17</u>     | <u>16</u>     | <u>15</u>     | <u>14</u>     |
| <u>27</u> | <u>26</u> | <u>25</u> | <u>24</u>     | <u>23</u>     | <u>22</u>     | <u>21</u>     |
|           |           |           | <del>31</del> | <del>30</del> | <del>29</del> | <del>28</del> |

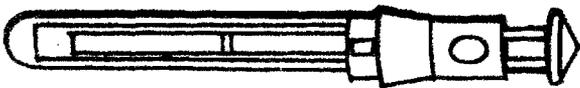
Ordibehesht - 1350

| Fri.          | Thurs.        | Wed.          | Tues.         | Mon.          | Sun.          | Sat.          |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| <del>3</del>  | <del>2</del>  | <del>1</del>  |               |               |               |               |
| <u>10</u>     | <u>9</u>      | <u>8</u>      | <u>7</u>      | <u>6</u>      | <u>5</u>      | <u>4</u>      |
| <u>17</u>     | <u>16</u>     | <u>15</u>     | <u>14</u>     | <u>13</u>     | <u>12</u>     | <u>11</u>     |
| <u>24</u>     | <u>23</u>     | <u>22</u>     | <u>21</u>     | <u>20</u>     | <u>19</u>     | <u>18</u>     |
| <del>31</del> | <del>30</del> | <del>29</del> | <del>28</del> | <del>27</del> | <del>26</del> | <del>25</del> |

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|      |     |      |     |       |    |     |  |  |      |  |
|------|-----|------|-----|-------|----|-----|--|--|------|--|
| 1969 |     | JUNE |     |       |    |     |  |  | 1969 |  |
| SUN  | MON | TUE  | WED | THURS | FR | SAT |  |  |      |  |
| 1    | 2   | 3    | 4   | 5     | 6  | 7   |  |  |      |  |
| 8    | 9   | 10   | 11  | 12    | 13 | 14  |  |  |      |  |
| 15   | 16  | 17   | 18  | 19    | 20 | 21  |  |  |      |  |
| 22   | 23  | 24   | 25  | 26    | 27 | 28  |  |  |      |  |
| 29   | 30  |      |     |       |    |     |  |  |      |  |



MENTAL CALCULATION

How do we use the calendar:

A month usually has 30 days. There are 12 months in one year. There are 52 weeks in a year.

The teacher must show a calendar to the students in order for them to understand it. (Wall calendar is most easily understood). The calendar can be used in every day life for those women using the pill. They can underline the 3 weeks they are to take the pill, they skip a week and then underline the next 3 weeks and continue this until the end of the year 1350.

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PRACTICAL CALCULATION

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| M A T H. |   |
| 7        | 4 |

If Maryam is married when she is 18 years old, and regularly every 3 years delivers a baby, how many children she is going to have when she is 45?

$$45 - 18 = 27 \text{ time}$$
$$27 : 3 = 9 \text{ children}$$

If the food, clothing and schooling of each child is 2000 Rls. per year and Maryam has 6 children how much does it cost to support the children for one year?

$$20000 \times 6 = 120000 \text{ Rls.}$$

If Maryam was trying not to have more than 3 children, she has to pay only 3 children's expenses, so how much less would her expenses be? (20000 Rls per child).

$$20000 \times 3 = 60000 \text{ three children's expenses.}$$
$$120000 - 60000 = 60000 \text{ Rls. less.}$$

At present the income of Maryam's family is 200 Rls. a day, with 4 children in the family, what is the portion for each child?

$$200 : 4 = 50 \text{ Rls.}$$

The income of this family increased to 250 Rls., but the number of children increased to 6. What is the portion for each one?

$$250 : 6 = 41 \text{ Rls.}$$

The children of this family grew older and their expenses more used, so did they live more comfortable when they had 200 Rls. income per day. Although the income increased the portion for each child decreased when the number of children increased to 6. Why?

WHICH CONTRACEPTIVE FOR YOU

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|----------|---|
| FP       | I |
| L A N G. |   |
| 8        | 4 |

There are methods of stopping or spacing children which

1) The loop or IUD is made of a small plastic material which fits in the womb. The doctor can put the loop there in a few minutes without any pain. If the woman wants another pregnancy the loop is easily removed. Loop or IUD may cause bleeding or sometimes back aches, but these problems usually go away. The loop is not dangerous.

The loop is easy to use.

2) The oral pill is very effective in preventing pregnancy. It is used as follow:

A woman takes the pill beginning on the 5th day after menstruation and continues taking the pills for 21 days. She stops taking the pills for a week and then begins for 3 weeks. The pill is effective if the woman takes it every day for 21 days.

Some women will have head aches and more bleeding, but these problems usually go away. If the problems continue, she should return to the doctor.

The pill is safe.

The pill is easy to take.

3) The condom is a rubber material and is used by the men whenever he wants to prevent pregnancy. Using the condom is easy. The condom is reliable. It must be used everytime. The couples who have many children and do not want any more children, may want to get a sterilization. Sterilization takes 2 or 3 days in hospital for women. The sterilized woman can't have any more child. Sterilization for men takes only 10 minutes. The sterilized man can't have any more child. Sterilization is free of charge. Except for not having children there is no change in the men or women with a sterilization.

THE POPULATION PROBLEM

FOR MEN

SEQUENCE 1

THE POPULATION PROBLEM

|          |   |
|----------|---|
| FP       | I |
| T E C H. |   |
| 1        | 1 |

Rapid population increase

The number of people is increasing very fast in the world, in Iran and in our community. The rate of population growth slows agricultural, economic, health, education and welfare progress. If married couples continue to have large families of 5 to 8 children, progress will be slow or maybe impossible. The rate of growth is 3%. With this rate of growth the population will double every 24 years. The reason for this rapid population growth is that more people are surviving today. At sometime in the future the population growth must stop.

The population growth

There are 50 births and 20 deaths each year for every 1000 population. The rate of growth is 30 per 1000 or 3%. With a population that doubles in 24 years in 100 years, there are eight times as many people. In our community there would be poverty, disease and famines for our grand children. Even if all families have only 2 or 3 children, the population will still double.

The population density

Farmers must either divide their land among their sons or send them to the cities. If they go to the cities they are usually unskilled and uneducated. If they divide their land, there may be enough for their sons but not their grandsons.

If the people in the cities continue to have large families, there would not be enough jobs for everyone. The crowded living conditions are unhealthy and uncomfortable. The government and the family can provide better education and job opportunities if parents have two or three children.

Zero population growth

Almost one half of the total population is below 15 years old.

Even if the young people have only 2 or 3 children, the population will double. At sometime the population must stop. To have progress, people must decide to have 2 or 3 children and stop.

|          |   |
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| 2        | 1 |

SOCIAL ECONOMIC ASPECTS OF POPULATION GROWTH

|          |   |
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| FP       | I |
| S O C I. |   |
| 3        | 1 |

The health problem to community and family

Mothers who deliver their 5th or 6th child are twice as likely to die at birth than women who deliver a second or third birth. Children in families of 5 or 6 children have poorer health than less crowded families. There is more tuberculosis, poorer sanitation and poorer nutrition in large families. When there is at least 2 or 3 years between births, both the health of the mother and her babies is improved.

The economic benefits to community and family

With fewer people there is less competition for jobs. There are more and better teachers and schools. There is more skilled labor and less child labor. Families can have more modern conveniences such as radios, refrigerator, stove, water heater and even T.V.s. Agricultural production is greater because land size remains big; there is machines, fertilizers and improved farming practices. In Iran more than one half of the people work on farming while in the United States only 5%. With small families fewer people would be producing more food.

Two or three children means better jobs, more schools, better health, improved agriculture and a more prosperous life.

The Shah supports family planning

His Imperial Majesty the Shahenshah Aryamehr has stated, "The rapid and unexpected increase of population has created a critical situation for humanity. High population growth rates seriously hamper efforts to raise the standard of living for the individual. In a too rapidly expanding population it is impossible to provide education, health and social services, food, housing, etc. for a rapidly increasing population. Family planning has been proposed as a solution. The aim of family planning is to provide for and to consolidate the welfare of the family and society. To achieve this vital aim, we need to give careful attention to family size".

Family planning and the Moslem religion

His Excellency Ayatollah Haji Sheikh Bahaeddin Mahallati of Iran has stated the use of contraceptives is not illegal. Neither the Koran nor the Prophet object to using means to space or stop child birth. It is stated that married couples should not have children they cannot properly care for.

FP

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S O C I.

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What is family planning?

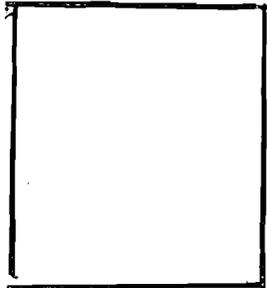
You can decide how many children you want and when to have them. Family planning is safe and effective. Many people like yourself are practicing family planning. There is a **contraceptive** method to suit you. You should talk with your spouse about the ideal family size and methods to obtain that size.

|          |   |
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| D R A W. |   |
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THE FARMERS LAND

1.

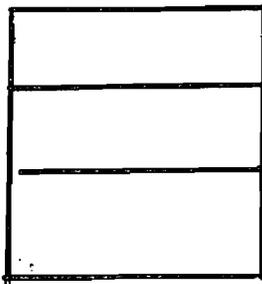
Areas:  $60 \times 50 = 300$  sq.meter  
 $3000$  sq.meter = 3 jeribs



THE LAND FOR FARMERS' THREE SONS

2.

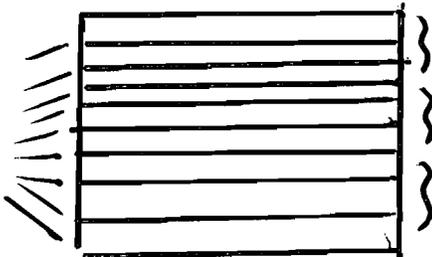
$\frac{3 \text{ jeribs}}{3 \text{ sons}} = \text{one jerib per son}$



THE LAND FOR FARMERS' 9 GRANDSONS

3.

$\frac{\text{one jerib}}{3 \text{ sons}} = \text{one third jerib per son}$



FP

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D R A W.

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1

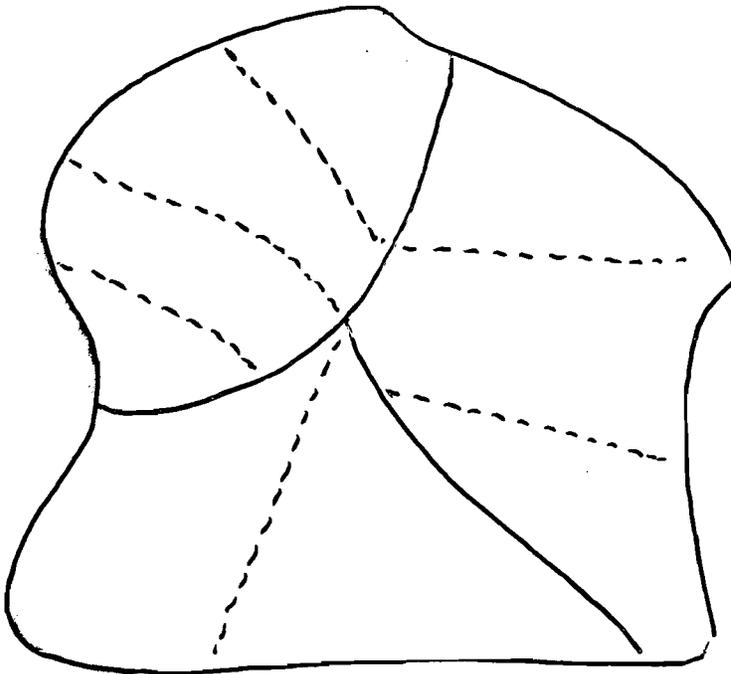
Draw your land area and then divide the land between the number of sons you have and then the grandsons you hope to have.

Sample

A farmer with 3 sons and 9 grandsons:

one son

4 grandsons



one son

3 grandsons

one son

2 grandsons

How many sons do you want to have?

How many grandsons?

How many great grandsons?

THE POPULATION PROBLEM

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M A T H.

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When do you believe the population growth should stop in your village, town or block? If there is 1,000 people in your village or city block, the population will be 2,000 in 24 years, 4,000 in 48 years and 8,000 in 72 years. The population doubles every 24 years.

The population in our village or block is: \_\_\_\_\_

In 24 years the population will be: \_\_\_\_\_

In 48 years the population will be: \_\_\_\_\_

In 72 years the population will be: \_\_\_\_\_

What do you think is the best size population for your area?

Now if all couples decide to have 3 or 4 children and the death rate is lowered due to improved health, the population will double about every 35 to 40 years. The population size of our village or block would be: \_\_\_\_\_ in 40 years. The population size of our village or block will be: \_\_\_\_\_ in 80 years. The population size of our village or block will be: \_\_\_\_\_ in 120 years. When do you think the population should stop?

As we mentioned if all couples have 2 or 3 children, the population will still double in 60 to 70 years but then it will remain constant.

Only you and your neighbors can decide how soon you want the population to double. If you want 5 to 7 children, then the population for your children will be twice as large as it is now. If you want 3 or 4 children, the population will be twice as large for your grand children. But if you want only 2 or 3 children, then only your greatgrand children will have double the current population.

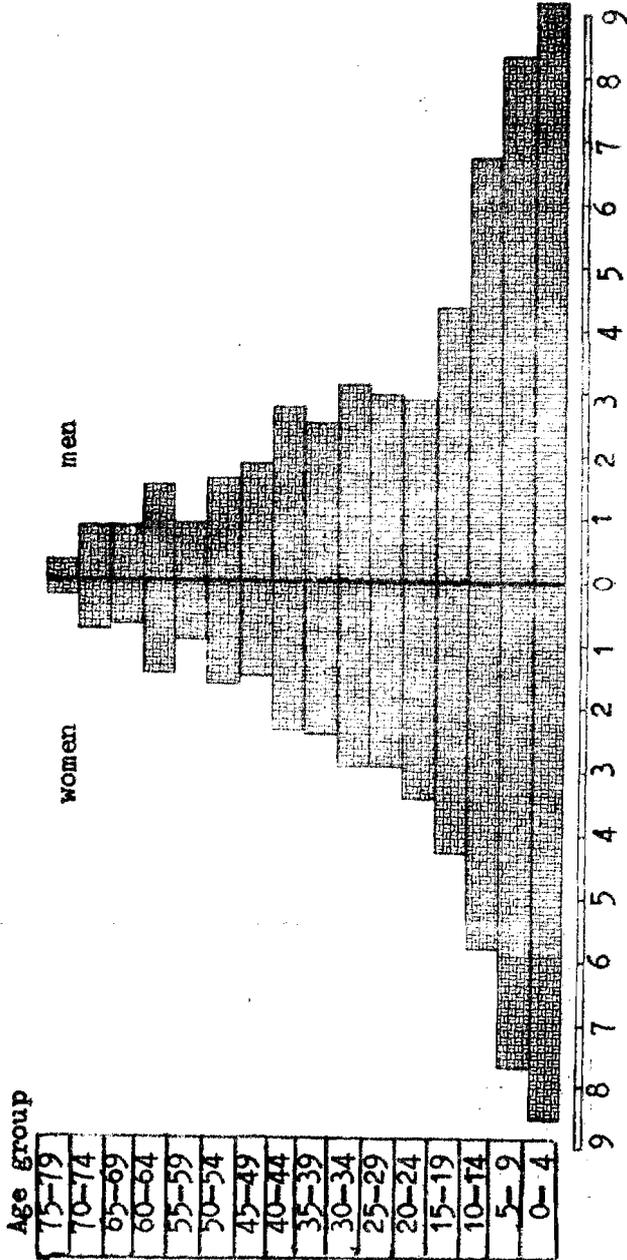
Three children may be better than 2 if you are afraid a child will die. Three may be better for families who have two girls and want a boy. What do you think is better, 2 or 3?

THE SMALL FAMILY AND CONTRACEPTION

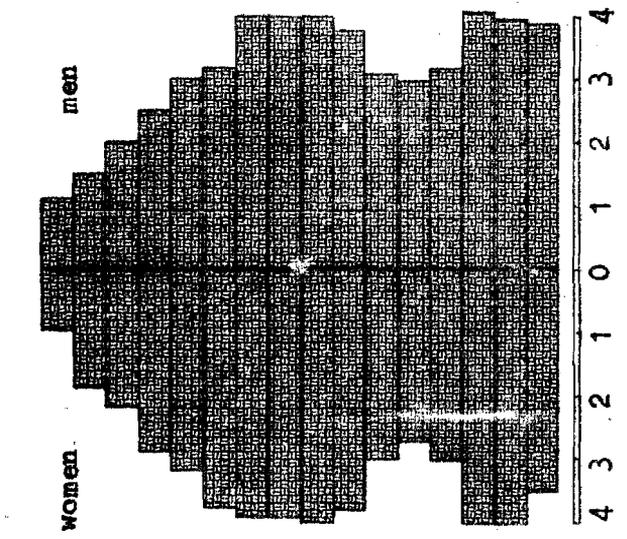
FOR MEN

SEQUENCE 2

The Age Pyramic  
of Esfahan Population in 1966 (1345)



The Age Pyramid of  
Sweden Population in 1965 (1346)



As you see 47 percent of the population in Esfahan are those who are till 15 years old, and they need to be cared. They have expenses which their parents must pay. But the number of them in Sweden is 24 percent of the population, or one half of the Age Population of Esfahan province.

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FAMILY PLANNING & CONTRACEPTIVES

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To stop pregnancies most men in Iran use withdrawal or have their wives get the loop or pill. Withdrawal was very popular in Europe but there are easier and more reliable ways to stop or space child birth. If a man does not want anymore children, he can have an operation. The operation last 10 minutes and can be done in a doctor's office. The man has a normal relation with his wife. The only difference is that the sperm is not in the fluid omitted.

The condom is a rubber device which is worn by the man. If it is used regularly. The method is effective. The condom is distributed free at any of the family planning clinics or can purchased at a pharmacy.

For women they can have a sterilization operation but this requires the women to stay in the hospital 2 or 3 days.

The loop is a small plastic material which fits in the womb. The doctor can put the loop there in a few minutes without any pain. If the woman wants another pregnancy, the loop is easily removed. Some women will have bleeding and back aches but these problems usually go away. The loop is not dangerous. The loop is easy to use.

The oral pill is 100% effective in preventing pregnancy. A woman takes the pill beginning on the 5th day after menstruation and continues taking the pills for 21 days. She stops taking the pills for a week and then begin for 3 weeks. She repeats this process as long as she does not want to get pregnant. Some women will have head aches and more bleeding but these problems usually go away. If the problems continue, she should return to the doctor. The pill is safe and reliable.

Generally couples who have more children than they want to get a sterilization; those that want to stop pregnancies but may want children later, get the loop. The oral pill and condom are good for spacing children.

The man and his wife should discuss which contraceptive is most suitable for them. Once a decision is made the location of the nearest clinic will be explained.

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The man and his wife should also discuss the number of children they want. Some sayings about having children are often misunderstood.

"He who gives tooth; shall give bread". The parents should be responsible not only for the food their children eat, but also their housing, clothing, education and health. Parents should plan to have only the number of children they can properly care for.

"The first child belongs to the crow". In the old days many children died because of diseases, poor health and sanitation. Today more children survive so it is not necessary to have 5 or 6 children in order for 2 or 3 to survive.

"A child is the walking stick in old age". Today 2 or 3 well educated children provide more than 5 or 6 uneducated children.

"Children are given by God". Children are God's gift and our greatest pleasure. It is stated in the koran women should be barren until the child can be properly cared for.

All parents want a good life for themselves and for their children. Parents should think about what they want for themselves and their children. Most parents who want support in old age, who want good health, education for their children, and enough room in their homes, usually have 2 or 3 children.

Each child requires so much education, clothing, housing, and food. You should think about how much it costs to educate each child. How much the cost for clothing is. How much it costs to give enough bread, milk, meat, eggs to each child. How much space do you want for each child? You must also think about what you want for your self. Do you want a heater, fan, refrigerator, stove, a better means of transportation, or more money to invest in your work.

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Let us take a family which earns 10,000 rials a month. Here is a comparison on how a family with 3 children differs with a family of 6 on expenditure of income.

|                              | <u>3 Children</u> | <u>6 Children</u> |
|------------------------------|-------------------|-------------------|
| Food - - - - -               | 3,900             | 5,900             |
| Housing - - - - -            | 1,100             | 800               |
| Clothing - - - - -           | 1,100             | 800               |
| Household expenses - - - - - | 600               | 900               |
| Furnishings - - - - -        | 600               | 300               |
| Transportation - - - - -     | 700               | 300               |
| Education - - - - -          | 900               | 400               |
| Medical cost - - - - -       | 600               | 300               |
| Personal care - - - - -      | <u>500</u>        | <u>300</u>        |
|                              | 10,000            | 10,000            |

As you can see the larger family must spend more on food and household expenses but has much less for housing, clothing, education and medical expenses. The family with 3 children will have more room, more education, more clothes and better medical care. The parents with 3 children will have more modern conveniences such as stove, refrigerator, fan, heater, etc. and better means of transportation.

CONTRACEPTIVES

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L A N G.

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Most men use withdrawal to prevent their wives pregnancies. The women use the oral pills and the loop to prevent pregnancies.

Contraceptives are common in all countries, but nowadays there are simple and easy to use ways to prevent or space pregnancies. Some men want to get a sterilization. The operation takes only 10 minutes. There are no physical or mental changes in the man or woman with a sterilization. The only change is that they can no longer have any children.

The condom:

Is a rubber material that is used by the men. If it is used regularly it is a safe and simple method. You can get the condom from the family planning centers free of charge or to buy it from the pharmacies.

The loop

Is a small plastic material which is used by the women. The loop must be put there by the doctor. If a woman wants another pregnancy, the loop could be removed easily. In some women, it may cause bleeding or back aches, but those pains usually go away. The loop is safe.

The oral pill

It is 100% affective in preventing pregnancy. The pill is taken the fifth day after menstruation and continued regularly for 21 days. Then the woman does not take the pill for a week. She starts for another 21 days. She continues taking the pills every third week as long as she wants to keep from getting pregnant. In some women it may cause bleeding and head aches but they usually go away.

|            |   |
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| WORK SHEET |   |
| 5          | 2 |

If a man has 3 children and wants to provide them sufficient milk, eggs, bread, rice, meat, fruits, sweets, vegetables, tea, and other food. The minimum cost is about 20 Rials per day.

To feed a child for a year costs about 20 Rials a day.  
 $20 \times 360 = 7,200$  Rials per year.

If a man wants to educate his child through secondary school, it costs an average of 1,400 Rials per year.

It costs about 1,000 Rials a year to cloth a child under 16.

The medical cost are about 1,000 Rials a year.

With each additional child there is cost for kerosene, charcoal, electricity, water, haircuts, soap, etc. These added cost are about 1,400 Rials per year.

The average cost per child is:

|              |               |
|--------------|---------------|
| food         | 7,200         |
| education    | 1,400         |
| clothes      | 1,000         |
| medical cost | 1,000         |
| other cost   | 1,400         |
|              | <hr/>         |
|              | 12,000 a year |

How much does it cost to raise a child until he is 12?

$12 \times 12,000 =$

If a man has 2 children how much does it cost?

$2 \times 144,000 =$

If a man has 3 children?

$3 \times 144,000 =$

If a man has 6 children?

$6 \times 144,000 =$

Most parents want something for themselves; for example more room in the house, better clothes, more free time, better medical

care, better means of transportation and more house furnishings such as rugs, furniture, refrigerator, stove, radios and even a T.V.

|            |   |
|------------|---|
| FP         | 1 |
| WORK SHEET |   |
| 6          | 2 |

List all the items you want and their cost:

- A new rug \_\_\_\_\_
- stove \_\_\_\_\_
- refregerator \_\_\_\_\_
- T.V. \_\_\_\_\_
- radio \_\_\_\_\_
- transportation \_\_\_\_\_
- new suits \_\_\_\_\_
- new shoes \_\_\_\_\_
- other items \_\_\_\_\_

You can figure that your existing cost for housing, food, clothing, transportation, medical care, house furnishings and other expenses such as kerosene, charcoal, electricity, water, bathing, hair-cuts, tobacco, etc. is about 80% of your income. If you earn 100,000 Rials a year you have about 20,000 for your children.

How much do you earn a year?

After you have paid for all your expenses, how much is left for the children?

How many children can you afford to raise?

Appendix 1.

THE SOCIAL, ECONOMIC AND HEALTH REASONS FOR CONTROLLING POPU-  
LATION GROWTH AND FAMILY SIZE

Introduction

The success of social, economic, health and agricultural progress in Iran depends on a lower rate of population growth and small family sizes. Many people are not aware of the problems of rapid population growth. This booklet raises some of the questions most frequently asked. We would like your comments on how this booklet can be improved.

1. What has His Imperial Majesty the Shahenshah Aryamehr stated about the population problem?

The rapid and unexpected increase of population throughout the world has created a critical situation for humanity. It is up to government to make the utmost endeavour to urgently study this problem as with each passing day this situation grows more acute.

High population growth rates seriously hamper efforts to raise the standard of living for the individual. In a too rapidly expanding population it is impossible to provide education, health and social services, food, housing, etc. for a rapidly increasing population.

Governments who wish to achieve their social and economic aims in providing for the welfare of society are forced to come to grips with the population problem as one of the essential and fundamental factors in long-term planning.

The threat of present population growth rates throughout much of the world, known as the "population explosion", has been studied internationally during the past decade. Family planning has been proposed as a solution. Investigations have been conducted on this subject in spite of the fact that the problem is a most sensitive one, affecting people's emotions and attitudes.

The aim of family planning is to provide for and to consolidate the welfare of the family and society. To achieve this vital aim, we need to give careful attention to family size. In other words, the po-

population increase of any society should be compatible with the economic and social conditions of that society.

In our country special attention should be paid to the fact that although fortunately we are not facing the difficulties of land shortage or poor agriculture or lack of mineral resources, yet we are facing a serious limitation, namely a water shortage. Our limited water resources can support only a given number of people; this fact obliges us to carefully plan our future population.

In view of the rapid economic progress in our country, and to ensure the maintenance of proper population size, with respect to economic growth, we ordered in 1967 the implementation of a family planning programme. Since its inception, this programme has progressed successfully.

2. If family planning against the muslim religion.

The legality of contraceptives is approved in Koran and confirmed by many fatawas. His Excellency Ayatollah Hajji Sheikh Bahaeddin Mahallati of Iran has stated the use of contraceptives is not illegal. The Mufti of Egypt, Sheikh Abdul-Mahid Salim issued a fatwa 81, register 43 stating, "according to the great authorities in Islam, it is permissible for a pregnant woman to terminate pregnancy in early months if the health of the mother is in danger". Neither the Koran or the Prophet object to using means to space or stop child birth. It is stated that married couples should not have children they can not properly care for.

3. Iran is a big country, why should we be concerned about population growth?

Only one eighth of the land is arable. The density per arable land is already equal to India. As the Shah has stated, the lack of water resources limits the number of people who can be supported on the land. Even if there is a family planning programme the population size will double during the next 30 years.

4. What if married couples decided to have one half the number they are currently having?

Even if the completed family size was reduced from 6 in the urban areas and 8 in the rural areas to 3 in the urban areas and 4 in the rural areas, the population would double in 40 years. The reason for the population increase is that more children are surviving now. The death rate has gone down from 40 per 1000 to 18 per 1000 in the last 40 years. The death rate will continue to go down to about 6 to 8 per 1000 in the next 10 years. This means that the population growth will increase from today's 30 million to 700 million in 100 years if there is not a drastic reduction in the birth rate. In fact, if every couple decided to have only 2 or 3 children, the population will double in 70 years.

5. How does this rapid growth effect educational programmes?

One fifth of the current national budget is spent on education. There has been an increase of 1,584,000 students going to schools during the last 10 years. There are 30,000 literacy corpsmen teaching 12,000,000 pupils in 16,000 villages, However, there are two times as much school age children as five years ago. Only one half of the 8 million children 6 to 11 are in school. It would be possible to provide education for all children in 15 to 20 years if every couple decided to have only 2 or 3 children.

6. How does population growth effect employment?

There will be five times as many people looking for jobs in 35 years as there are today. Today there is about 10% of the population employed and another 20% underemployed. Even with a sharp drop in the birth rate, the labor force would not be effected during the next 15 years. The average income would increase 40 to 50% after 20 years if couples decided to have only 2 or 3 children.

7. How does the 2 or 3 children family differ from the 5 or 6 child family on the expenditure of income?

We can compare a family earning 100,000 rials a year.

|                    | <u>2 or 3 child family</u> |         | <u>5 or 6 child family</u> |         |
|--------------------|----------------------------|---------|----------------------------|---------|
|                    | %                          | Rials   | %                          | Rials   |
| food               | 39                         | 39,000  | 59                         | 59,000  |
| housing            | 11                         | 11,000  | 8                          | 8,000   |
| clothing           | 11                         | 11,000  | 8                          | 8,000   |
| household expenses | 6                          | 6,000   | 9                          | 9,000   |
| furnishings        | 6                          | 6,000   | 3                          | 3,000   |
| transportation     | 7                          | 7,000   | 3                          | 3,000   |
| education          | 9                          | 9,000   | 4                          | 4,000   |
| medical cost       | 6                          | 6,000   | 3                          | 3,000   |
| personal care      | 5                          | 5,000   | 3                          | 3,000   |
|                    | 100%                       | 100,000 | 100%                       | 100,000 |

As you can see the larger family must spend more on food and household expenses and has less for housing, clothing, education and medical expenses. The children in the 2 or 3 child family will have more room, more education, more clothes, and medical care. The parents of the children will have these benefits plus more modern conveniences, and better means of transportation.

8. A large family of 5 or 6 children can provide more for their parents in old age than a family of 2 or 3 children.

False! The 2 or 3 children will earn more because they are better educated. A skilled labor earns four times as much as an unskilled labor. Therefore two children could earn more than 6 children if they have better education. Currently there are 650,000 employees who are covered under the Social Insurance Plans. The number of people provided security in old age is increasing rapidly.

9. Don't fathers need large families to help them in their work?

This used to be true in the past but it is not true today. With improved technology one tractor can do the work of 10 labors. In fact the agricultural technology applied in Russia or United States would make

60% of the existing agricultural workers in Iran unnecessary. Land Reform has been a great boost to millions of peasant farmers. But if the land is divided among 3 or 4 sons there will not be enough for each son. Most farms are between 5 to 10 hectars. In 25 years the average size would be 3 to 5 hectars and in 50 years one hectar. These small plots would be unproduce, as it is now Iran imports 35% of its food.

10. Is the health of the family improved if there are 2 or 3 children?

Yes, there are many ways that health is improved. First, women who have 6 births are twice as likely to die a birth than a mother delivering her second child. Second, mothers delivering after 30, are more likely to die at birth than mother delivering babies who are uner 30. Third, infant deaths increase from 60 per 1000 life births with the second child to 90 per 1000 for the 4th child and goes up to 300 per 1000 for the 8 child. Fourth, large families have more infectious diseases and diarrhea. With family planning there are fewer illegal abortions.

Appendix 2.

THE SCHOOL TEACHERS IN ESFAHAN PROVINCE, THEIR KNOWLEDGE AND ATTITUDES  
TOWARD FAMILY PLANNING & POTENTIAL CONTRIBUTION TO THE PROGRAM.

Introduction

A survey of 145 primary and secondary school teachers in Esfahan province attempted to accomplish the following objectives:

1. Characteristics of the teachers such as marital status number of children, and education.
2. Knowledge of present health services.
3. Exposure to Mass Media.
4. Present Family Planning Activities.
5. Potential Family Planning Activities.
6. Attitudes toward Population and Family Planning.
7. Knowledge of Population and Family Planning.

The names were chosen at random from the Department of Education registration list. A total of 63 male and 50 female primary school teachers were interviewed and 26 male and 6 female secondary school teachers.

1. Characteristics of the Teachers

All but 7 of the persons interviewed were married. Their average family size was just over 2 children. Most of the Primary Teachers had a teachers High School Diploma and the Secondary Teachers had bachelors degrees. Most teachers have been working 5 to 8 years and have between 40 to 50 pupils in their classes now. Almost all of the teachers had been visited by a supervisor

Appendix 2. (Contd.)

during the last month.

2. Knowledge of Present Health Services

The primary school female teachers are within two kilometers of a Health Station but less than 15% of the males are within 2 kilometers. This is because almost all female teachers live in cities. Less than 15% had visited the health station within 6 months prior to the interview and over half could not remember when they visited the health station last. Except for the occasional teacher who told students or their parents about the health facilities, they did not mention any relationship with the health services.

3. Exposure to Mass Media

All but two teachers own a radio. They listen most frequently to the news and musical programs. Less than half listen to the Education Corps Program. Program, "Woman and Life" is preferred by the women and "Science Frontiers" by the men.

All but one of the Secondary School Teachers read a newspaper, 72% of female and 89% of male primary school teachers read a newspaper. All but 4% read either Kayhan or Etelaat with about 55% reading Kayhan.

The most popular magazine is Weekly Etelaat, the women prefer Women's Day. About 85% of teachers read a magazine.

All the teachers get letters averaging about one a week.

Less than ten of the teachers have access to a 16 mm, movie projector and less than a fifth have access to loudspeakers.

4. Present Family Planning Activities

About a fifth of all the teachers had received some family planning training. Half of the teachers have talked about contraceptives with other adults with emphasis on the oral pill. Generally the teachers are not embarrassed to bring up the subject with

Appendix 2. (Cond.)

the same sex. At the time of the interview less than 10% had leaflets or posters on family planning. All but 5 of the secondary school teachers believed family planning should be added to their curriculum.

5. Potential Participation in the Family Planning Program

Most teachers stated they would be willing to provide contraceptives and actively recruit new acceptors. A full 66% of the male and 64% of female primary school teachers stated they would supply oral pills to adults who wanted them. Although less than 6% of the female teachers stated they would supply condom; 62% of males stated they would provide condoms. Only half the females but 64% of male Secondary School Teachers said they would distribute oral pills with 92% of males saying they would distribute condoms. Most teachers stated they would rather make visits then group meeting to inform couples about family planning, with 28 of the male and 14% of female teachers willing to make homevisits and 30% of the males and 26% of the female willing to conduct family planning group meetings. Generally all the teachers wanted additional family planning educational materials such as flip charts posters, and pamphlets. The teachers unanimously stated they would like at least a day's training in family planning.

6. Attitudes Toward Population and Family Planning

The teachers believe the population in Iran is growing too fast but they mistakably believe the family planning program will stop population growth. The reasons stated by the teachers for this rapid growth were generally negative. In order of stated frequency, the teachers said large family results from parents who want support in old age, the fear death of their children, they have no knowledge on how to prevent births; they are foolish, they have no alternative amuzements and some general references to ignorance and illiteracy. Providing better health care and contraceptives, along with an explanation of the benefits to the children of small families, was the recommendation by most teachers. The teachers consider the ideal family size for them-

Appendix 3. (Contd.)

selves to be three. In fact, two thirds of the teachers would sign pledges saying they would not have more than 3 children.

7. Knowledge of Population and Family Planning

Surprisingly the primary school teachers had better knowledge on population than secondary teachers. The teachers know withing 4 million the present population size of Iran and were aware of the estimated birth rate of 45 to 50. They underestimated the time of 23 years it will take for the population to double. Teachers were not aware of the fact that the population would double even with an intensive family planning program. Three forth of the teachers were aware of the fact that the Ministry of Education is concerned about the present population growth. Generally the teachers believed the family planning program would improve the health of families and slow population growth. Only 50% of the females and 74% of the males believed muslem leaders supported the family planning program.

Knowledge on contraception was generally very poor. They know most about the oral pill. A full 90% of the female teachers know that a woman starts taking the pill on the fifth day after menstruation but only 62% of the men knew this. They were wrong in thinking the women continued using the oral pill for longer periods of time than the IUD. Only 50% of the women and 7% of the men knew the most common side effects of the IUD was bleeding. None of the teachers knew what percentage of women accepting the IUD retained the device after a year. Only 6% of the teachers knew that men who have been sterilized, can usually experience the same sexual enjoyment after the operation. As personal preference in contraceptives, the oral pill was favored by 49% of all teachers, condom by 20% IUD 18%, withdra al 7% and sterilization by 6%. Over three forth of the teachers were wrong in thinking that most couples coming to family planning clinics, want to spact not stop pregnancies.

Appendix 2. (Contd.)

8. In Conclusion

The school teachers interviewed are reached by most mass media. Their current family planning activities are negligible but they are willing to distribute contraceptives and actively recruit new acceptors. Their knowledge of the population is accurate but they are not aware of the severity of the problem. They want small families for themselves. Their knowledge of contraceptives is very poor except for oral pills.

They want a training program in population and family planning. With adequate directives from the Ministry of Education, education material support, and supervision, they have the potential of making a contribution to the family planning program.

Appendix 3.

DIRECTOR OF EDUCATION

To : School Teachers & Literacy Crop  
From : Director of Education & UNESCO  
Subject : Family Planning

The Shah, Mrs. F. Parsai and other leaders are concerned over the rapid rate of population growth in Iran. Over 500,000 teachers will be needed within twenty years. Although there is rapid progress in the construction of schools and training teachers, we are barely able to keep up with the population increase.

You can help. During meetings with parents discuss family planning. If each parent could make a decision on how many children they think is ideal this would be very valuable. After couples make a decision on how many children they want, inform them about the oral pill and IUD. If out of every 10 parents you talk with 2 or 3 go to the clinics; this would be very good.

Teachers can volunteer to distribute condoms so that some contraceptive supplies are available. You do not have to provide contraceptives but this would be most useful.

For your older students the materials on the Economic, Health and Social Aspects of population growth, the explanation of the IUD and oral pill and the family planning guide may be useful. We would like to know how you use these materials and any suggestions you may have on their improvement.

After two months there will be another meeting and awards given to teachers for outstanding contribution to family planning.

Appendix 4

THE SCHOOL TEACHERS AND FAMILY PLANNING

Introduction

You have been invited to this meeting because you are respected by the community where you live. You can help married couples with family planning. Here are some problems you can help solve.

Problems:

Couples are having pregnancies they do not want - almost 40% of all pregnancies are not wanted.

The health of the mother is in danger if she has too many pregnancies too close together - this risk usually increases after the fourth or fifth pregnancy and if the pregnancies are less than two years apart.

Many couples can not afford the cost of providing proper education, housing, food and clothing for each additional child.

Many people do not know that the oral pills and IUD are safe, inexpensive, reliable and easy to use methods. Some women have side effects but they are not harmful and usually they go away.

Many couples do not think about how many children they want.

How Can You Help

You can talk with couples and help them make a decision on how many children they want and when to have them. The number of children a couple wants should be based on needs of the children and the parents. Parents who want a comfortable life for themselves with proper education, housing, health, clothing and food for their children, usually have only 2 or 3 children. The number of children desired should be up to the parents but each child should be a wanted child.

You will probably know between 50 to 150 couples who want help. If you inform 5 to 10 couples each month about family planning and 2 or 3 go to the clinic, your contribution will be very valuable. Although some women have some extra bleeding or other side effects the contraceptives are safe, reliable, and easy to use.

Appendix 4.(Cond.)

For women who do not want any more children the IUD is preferable. The oral pill is safe and 100% effective if taken every day for 3 weeks and then stop for a week.

We would like to know if you would be interested in distributing condoms. You will be paid one rial for each condom distributed.

Give the women the Special Introduction Slips. In two months we would like you to attend another meeting. Awards will be given to those persons making an outstanding contribution.

Appendix 5.

RADIO TALK FOR LITERACY CORPS

Iran is developing very rapidly. There is progress in Industry Agriculture, Health, Education and Social Welfare. Unfortunately the progress is not as rapid as it could be due to rapid population growth. Many couples are having 6 or 7 children, many of these children are not being properly fed, clothed, housed and educated. With present rate of growth the population of Iran will double every 23 years. Over half of the population is below 17 years old.

There are 30,000 education corpsmen teaching 12,000,000 pupils in 16,000 villages. Besides teaching people how to read they are building roads, mosque, bath houses, schools, wells and planting trees. In spite of this enormous effort, we are not able to keep up with the population growth. There are two times as many students as five years ago. At present one half of 8 million children 6 to 11 are not in school and it will take 70 years before we can educate them if present rates of growth continue. If married couples decided to have only 2 or 3 children, we could develop adequate schools within about 15 to 20 years.

There are many reasons why the 2 or 3 children are better than 5 or 6. Two or three children are able to support their parents in old age better than 5 or 6 children who are not as well educated. There is better health for the mother as well as the children in a 2 or 3 child family. Fewer children die these days than 10 years ago so it is not necessary to have 5 or 6 children in order to have 2 or 3 survive. Farmers do not have enough cultivatable land to divide among 5 or 6 children. There are a lot of people moving from the rural areas to the cities but they do not have sufficient training and education to get good jobs. Industries do not have sufficient jobs for these people. Two or three children can be better fed and clothed than 5 or 6 children.

You can talk with the literacy corps or go to the local Health Station or Health Corps for more information. There are safe, reliable and easy to use methods of spacing or stopping pregnancy. Some meth-

Appendix 5.(Contd.)

ods have a few side effects but they are not serious and usually go away. Two or three children is enough; ask the doctor for the loop or pill Slogan.

Appendix 6.

THE EVALUATION OF POPULATION AND FAMILY PLANNING SEQUENCES FOR LITERACY CLASSES

The Objectives of the Literacy Sequences

To develop an awareness of population growth and how it affects the lives of individuals, couples and the community.

To have couples fix an ideal size with emphasis on the 2 or 3 child family.

To explain all the contraceptives and stress the more effective methods.

An Explanation of Content

Iran like Pakistan and Turkey has a population that doubles every 24 to 35 years. Even if all couples decided to have 2 or 3 children during the next 20 years, the population will still double. The literacy content attempts to describe the population problems in a way the students can appreciate the growth affecting their lives. If the adults do not realize that the rate of growth must be zero at some time in the future the sequences have failed. One of the major reasons for a fast growing population is that couples do not think about an ideal family size.

The sequences attempt to get the couples to fix an ideal size with the emphasis on a rational for the two or three child family. Because most couples usually want a boy, the sequences state 3 is a good size if the first two children are girls. If the couples fear the death of their children, then a third child may be necessary. The sequences explain that many children are now surviving; so it is no longer necessary to have 5 or 6 children in order for 2 or 3 to survive. If couples have 2 or 3 children, they can have a better education, and more support in old age. The sequences also explain that having large numbers of children to help with the work on farms is no longer necessary with improved means of agricultural production. With large number of sons the farms will be divided into small sections. There may not be enough land for the sons or possibly the grandsons.

Appendix 6. (Cond.)

Since 97% of all couples coming to clinics want to stop child birth, methods such as the IUD and sterilization are described. The oral pill and condom are best for spacing.

The Porcedure for Evaluation

Three techniques are used. All married students attending the classes get leaflets describing the contraceptives and giving the location of the clinics. The students who want to practice family planning are told to take the leaflets to the clinics. At the end of the month the leaflets are collected at the clinics. We can determine how many of these leaflets are returned each month, which class the students came from and what percent of the students in the class responded.

A random sample of teachers are asked to determine changes in knowledge, attitudes and practice of family planning. Before the sequences begin they interview all students in their class who are over 14. After the sequences are completed they determine the effect the sequences have had.

All the teachers describe how the sequences can be improved. After we have the suggestions from the teachers and the effects of the sequences are determined, the content will be revised for next year.

