

Male Contraceptive Initiative

Design Thinking Tools & Activities

Empathy Cards Worksheet



**What kinds of
contraception have you
tried in the past?**

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**How has your
experience with taking
contraception been?
(What are some positive and
negative experiences you
have had?)**

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**When did you first learn
about contraception?
What was that
experience like?**

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**What do you wish I
knew about your
experiences with
contraception?**

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**If you could make the
perfect contraceptive
for your needs, what
would it look like?**

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**How can I be a more
supportive partner to you
with respect to sex and
contraception?**

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**What is your most
optimistic hope for the
future in regards to
contraception?**

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**Where do you get
information about
contraception? What do
you think of this resource?**

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If there were more methods of male birth control, what would you want them to look like? Which would you prefer to use?

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**How do you think
relationship dynamics
would/will change when
there is an equitable
contraceptive method mix?**

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**What do you think when
you hear someone say,
“Men are not interested in
male birth control”?**

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**What do you think when
you hear someone say,
“Women would not trust a
male partner to take birth
control”?**

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**What scares you about
contraception?**

What excites you about it?

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**What was your experience
with sexual education like?
If you could, how would you
change sex ed?**

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**How does contraception
impact the pleasure you
feel during sex?**

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**Do you support the
development of new
methods of male
contraception?
Why or Why not?**

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**What does the phrase
“reproductive autonomy”
mean to you?**

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**Do you prefer hormonal or
non-hormonal
contraceptive methods?
Why?**

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How important is sex to you? How does our sex life influence how you think about our relationship?

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**What are some common
misconceptions about
contraception that annoy
you?**

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**What, if any, benefits
outside of pregnancy
prevention do you get
from contraception?**

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**What, if any, benefits
outside of pregnancy
prevention would you like
to get from contraception?**

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What do you think needs to happen in order to get more men thinking and talking about contraception?

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**What do you know now that
you wish you knew when
you first started having
sex?**

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**What was your first sexual experience like? How could it have been different/
better?**

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**How can we normalize
conversations about
sex, sexuality, and
contraception?**

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Did you talk to your parents about sex? What was that like? How can we improve those conversations?

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How can we empower everyone to have control over their fertility and family planning goals?

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**What concerns, if any,
do you have about
new methods of
male contraception?**

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What social or cultural considerations impact contraception and family planning?

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What would you name a new male contraceptive method? How do you imagine it working?

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What side effects would discourage you from using a contraceptive method?

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**What side effects, if any,
have you experienced using
a contraceptive method?**

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**What side effects, if any,
would you tolerate with
a preferred contraceptive
method?**

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**What positive side effects,
if any, would encourage
you to use a
contraceptive method?**

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**What, if any,
conversations do you have
with your friends about
contraception? What do
you think about these?**

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**How would you like
information about sexual
reproduction and
contraception to be
communicated to you?**

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**What do you think we can
or should do to help
advocate for or champion
the cause of male
contraception?**

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**What do you think the
contraceptive needs of
non-binary people are?**

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**What do you think my
gender says or thinks
about contraception?**

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What do you think the world would look like if men were primarily responsible for taking birth control?

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**What do you think
experiences with
contraception are like in
other cultures and
countries?**

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**What contraceptive
method for my gender do
you think you would like to
use?
Why?**

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What do you think a unisex contraceptive (i.e., one that either partner can use) could look like?

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**What role do you think the
government should play
with respect to
contraception and
reproductive health?**

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**How have perspectives about
contraception changed since
your parents' generation?
How do you imagine they will
change for the next generation
of people?**

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**What would we do if I could
not take birth control?**

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**Do you think you will have
“the talk” with your/our
children about sex? How
do you think a conversation
like that would go?**

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Why do you think there are so many more birth control methods for women? How does that make you feel?