

Standard Days Method™

Materials and Publications

The **Standard Days Method (SDM)** is a new, natural method of family planning with an established 95% efficacy rate for women with cycles between 26-32 days long. Developed by the Institute for Reproductive Health, Georgetown University, it identifies days 8-19 of the menstrual cycle as the days when a woman

is most likely to get pregnant. Couples can prevent a pregnancy by avoiding unprotected sexual intercourse on those days. To ensure the quality and availability of the materials necessary to use and provide the method effectively, the Institute has developed the following list of materials.



CycleBeads™

Based on the Standard Days Method of family planning, CycleBeads are a color-coded string of beads that represent the menstrual cycle. It is designed

to help women use the method by visually tracking their cycles and know when they are fertile. CycleBeads are distributed with an instructional insert that guides the user through all the steps required to use the method effectively. (English, Spanish, French)

Price for CycleBeads varies by number ordered. Available on-line at www.cyclebeads.com, or for more information about ordering CycleBeads e-mail info@cyclebeads.com or write to **Cycle Technologies**, PO Box 250027, New York, NY 10025.

Standard Days Method of Family Planning: Reference Guide for Counseling Clients

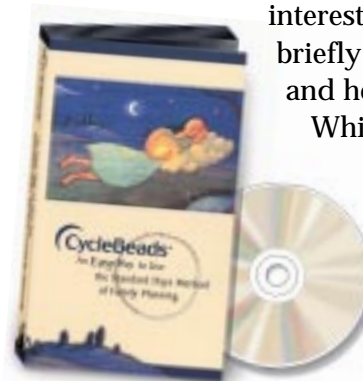
This comprehensive guide for providers explains how to appropriately counsel women and couples on the Standard Days Method using CycleBeads. It directs the provider through the counseling process in an interactive and easy-to-read format. (English, Spanish, French) \$15.00



CycleBeads: an Easy Way to Use the Standard Days Method (Video or CD ROM)

This 5-minute introductory audio-visual is designed for providers and clients interested in the method. It briefly explains the method and how to use CycleBeads.

While emphasizing the importance of informed choice, the video presents the method as an easy, natural and effective family planning alternative. (English) \$5.00



CycleBeads: Natural, Effective Family Planning (Brochure)

This informative brochure introduces and explains CycleBeads. It also includes a self-assessment to help potential users determine if CycleBeads are right for them. Single copies are free. For bulk quantities contact the Institute. (English, Spanish)



Standard Days Method Tutorial: A Simple Fertility Awareness-based Method to Family Planning

Produced in collaboration with JHPIEGO, this 21-minute tutorial brings a Standard Days Method expert to the learner

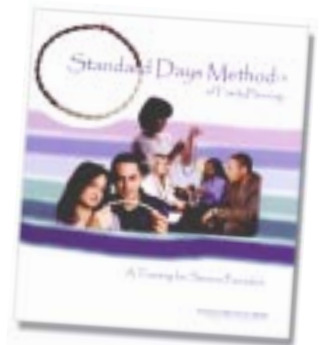
through a multimedia experience. Ideal for those interested in providing SDM services in their programs, the tutorial explains how the method works, its development, biological basis and contraceptive effectiveness, the service delivery process, and how to incorporate the SDM into existing services. (English, Spanish) \$5.00

Standard Days Method Training Program

The Institute for Reproductive Health conducts training programs for trainers and service providers. Training programs include participant materials, a pre-training assessment plan, as well as pre- and post-training consultation with participants. Participant materials include a Counseling Guide, job aids, a CD ROM tutorial, and samples of CycleBeads. Contact the Institute at irhinfo@georgetown.edu, or call 202-687-1392. Training is available in English, Spanish and French. Price varies by location, length of training, and number of participants.

Standard Days Method of Family Planning: A Training for Service Providers

This manual guides trainers through the process of training providers on the Standard Days Method, using CycleBeads. It includes information for designing, conducting and evaluating training programs, and addresses issues critical to the



successful use of the method, such as the couple's relationship and gender issues. Content is adaptable to all types of providers, ranging from clinicians to community personnel with limited knowledge of reproductive health and family planning. Available in English (Spanish and French in April 2003). \$45.00

Standard Days Method Distance Training Package

The distance training package is designed for providers who are not able to participate in a formal training program. It consists of a pre- and post-test, a CD ROM tutorial, a Counseling Guide, an introductory video and CD ROM tutorial, and a series of case studies. English version available in July 2003.

Institute materials are available at no cost to selected organizations that support family planning and reproductive health programs in developing countries. Prices given are for organizations in developed countries only and are valid through May 31, 2003. Shipping and handling are additional. Checks are payable to Georgetown University/IRH. Allow 4-6 weeks for delivery. Unless otherwise noted, all resources are available from the Institute and can be ordered on-line at www.irh.org, via e-mail at irhinfo@georgetown.edu, by fax at 202-537-7450, or by mail at:

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