

COMMUNITY INFORMATION SESSION ON THE STANDARD DAYS METHOD

PURPOSE: The purpose of the session is to inform people who may be interested in an easy-to-use natural family planning method: Standard Days Method® (SDM).

OBJECTIVES: At the end of the information session, participants will be able to:

1. Describe SDM
2. Know when they can begin to use it
3. Know where they should go to receive the method

TIME: 15 to 20 minutes.

NUMBER: The information session is designed for groups of 10 to 15 participants.

TOPICS: The following topics will be presented during the session:

- What is SDM?
- How is it used?
- Who can use it?
- Where can you get it?

MATERIALS: Material for the participants:

- SDM Fact Sheet
- CycleBeads® flier

Audiovisual materials for the presenter of the information session:

- SDM Poster
- CycleBeads
- Attendance Sheet (if needed)

EVALUATION: At the end of the information session, the presenter will ask questions to evaluate if the participants understood the presentation and to clarify the information if necessary.

TIPS FOR OFFERING CLEAR INFORMATION:

- Use simple sentences and short words.
- Use language your audience can understand.
- Use pictures and printed material, if available.
- Show the method materials right from the beginning and let the audience review them.
- Stop from time to time to check that the audience understands.
- Ask questions to make sure the information you have given them is clear.
- Repeat instructions and key messages, especially at the end of the session.

STANDARD DAYS METHOD – INFORMATION SESSION

PREPARING FOR THE SESSION

The following is an example of settings and strategies you could use to provide information on the SDM. We invite you to be creative and experiment with other strategies that might be more effective in your community.

- Identify events that bring together potential clients, such as marriage preparation classes
- Community events such as parent meetings, or women's groups
- Home visits

DELIVERING THE SESSION

Welcome the participants and thank them for their attendance.

Ask them to sign the attendance sheet (if required by your organization) and take a seat.

The purpose of the information session is to provide an overview of a new natural method to prevent pregnancy. In this session, SDM will be discussed: what it is, how to use it, who can use it, and where to get it. At the end of the discussion, questions will be asked to evaluate if the information was understood.

Describe the method principles and how it works to prevent pregnancies.

- It is a method where nothing artificial is used.
- It is very easy to learn and use.
- It is based on identifying the fertile and infertile days of the woman's menstrual cycle.
- Couples who wish to avoid a pregnancy should abstain from intercourse during the fertile days.

CYCLEBEADS

Show CycleBeads and briefly explain how they are used, what the dark and white beads mean, and when to abstain to prevent a pregnancy.

- CycleBeads are a visual aid that represents the menstrual cycle.
- The red bead indicates the first day of menstruation.
- The brown beads represent the infertile days.
- The white beads represent the fertile days.
- The darker brown bead tells the woman if her period started too soon to use this method.

- If the couple wishes to avoid pregnancy, they should abstain from sexual intercourse when the marker (rubber ring) is on the white beads.
- The woman's cycle is too short to use this method if she starts her period before reaching the darker brown bead. She has a long cycle if she does not get her period the day after moving the ring to the last brown bead. If she has a cycle that is too short or too long more than once in a year she should use another method.

Ask: Do you have any observations or comments about the method?

Wait for a response and clarify the information if appropriate.

The presenter makes a list of the requirements¹ to use the method. He/she can write them on a piece of paper with markers. This paper can be saved and used again in other presentations.

- Women with menstrual cycles between 26 and 32 days long. Women who have their monthly bleeding are in this range.
- Couples who want to use a natural method to prevent a pregnancy.
- When there is no risk of sexually transmitted infections (explain as needed).
- When the couple is in agreement to support each other and collaborate using this method.

The presenter explains where they should go and with whom to speak to obtain the method. Similarly, he/she explains that in order to begin using the method, the woman should be in the first seven days of her menstrual bleeding.

Invite the participants to ask questions. The presenter responds to the questions and clarifies the information presented. Once there are no more questions from the participants, tell them that you will ask some questions to ensure that they understood the information presented.

- How does the SDM work?
- If you are interested in using the method, where can you get it?
- When can you begin using the method?
- Wait for a response and clarify the information as needed.

Distribute the SDM flier and inform participants where they can go to inquire about SDM and obtain CycleBeads. CycleBeads can be ordered by phone (1-800-215-4372) from Nature's Warehouse.

Thank the participants for attending the session and offer to stay a few extra minutes to respond privately to individual questions.

¹ It is important not to reveal the list of requirements all at once. If you are using a piece of paper on which the requirements list is already written, fold the paper so that the list is completely covered. Move the paper down slowly and reveal the requirements one by one as they are discussed.