

INFORMATION SESSION ON THE STANDARD DAYS METHOD

Lesson plan

Purpose: The purpose of the information session is to promote a new, easy-to-use family planning method: the Standard Days Method® (SDM).

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

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

Time: The SDM information session takes between 15 to 20 minutes.

Number: The information session is designed for groups between 10 to 15 participants.

Topics: The following topics will be presented during the information session:

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

Materials: Material for the participants:

- SDM brochure
- CycleBeads®

Audiovisual materials for the presenter of the information session:

- Standard Days Method Poster
- Necklace
- Assistance Sheet
- Pencil
- Ink Pad

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.

STANDARD DAYS METHOD

Information Session

Process and Content

The following is just an example of settings and strategies you could use to promote 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 large groups of potential clients. For example, if you work in a health center, some opportunities to provide an information talk include vaccination campaigns for children, newborn clinics, family planning clinics, postpartum check-up clinics
- Community events such as parent meetings, women's groups, beauty salons and barbershops
- Home visits

Information session

Welcome the participants and thank them for their attendance.

Ask them to sign the attendance list or give their fingerprint and take a seat (if required by your organization).

The purpose of the information session is to promote and provide an overview of a new natural method to prevent pregnancy. In this session, the Standard Days Method 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 or use a condom or withdrawal if they have intercourse during the fertile days.

CycleBeads

Show CycleBeads and briefly explain how it is used, what the dark and light beads mean, and what one must do to prevent a pregnancy.

- The necklace is a visual aid that represents the menstrual cycle.
- The red bead indicates the first day of menstruation.
- The dark beads represent the infertile days.

- The light beads represent the fertile days.
- If the couple wishes to avoid pregnancy, they should abstain or use a condom or withdrawal when the necklace marker is on the light beads.

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

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.
- Couples that want to avoid a pregnancy.
- When there is no risk of sexually transmitted infections (explain these as needed).
- When the man is willing to support his partner and collaborate using this method.
- When the woman is able to decide and discuss with her partner when to have and when not to have sex.

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.

- Can someone tell me what is understood when I say the “Standard Days Method?”
- 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 if appropriate.

Distribute the SDM brochure and remind participants they can go to their health care center to inquire about the SDM and obtain CycleBeads.

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.