

# Offering CycleBeads®:

## A Toolkit for Training Community Health Workers



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# Offering CycleBeads®:

## A Toolkit for Training Community Health Workers



The Institute for Reproductive Health, affiliated with Georgetown University in Washington, D.C., is a leading technical resource and learning center committed to developing and increasing the availability of effective, easy-to-use, natural methods for family planning.

### Offering CycleBeads®:

#### A Toolkit for Training Community Health Workers

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### Prepared by:

#### Contributors:

This toolkit was originally written and designed by Kimberly Aumack Yee, Consultant, and Jeannette Cachan, Director of Training for the Institute for Reproductive Health (IRH). Updates to this publication were made by Jeannette Cachan, Frances Walker, and Marie Mukabatsinda with IRH.

#### Reviewers:

The following reviewers gave input and shared learning activities from international field projects: Monica Marini, Margarita de Monroy, Sujata Naik, and Trinity Zan.

#### Graphic Design:

Dave Klemm, of Klemm Illustration & Design, originally designed illustrations, graphics and format specifics. The initial toolkit format was conceptualized by Elizabeth Kvernén.



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# Introduction

## Who the Toolkit Is For

### *Offering CycleBeads®: A Toolkit for Training*

*Community Health Workers* is a resource for those who train or supervise community health workers. It is designed to help you plan and conduct a workshop that prepares community health workers to:

- Offer Standard Days Method® (SDM) of family planning
- Use CycleBeads® and the package insert as a tool to learn about and use this method

There are many different ways to prepare health workers to learn important information about SDM, observe how to offer the method, and practice quality education and counseling. This toolkit is a guide and a framework, with key messages and adaptable lesson plans to help you design a workshop specifically for the community health workers you will train. The toolkit may be used in a variety of ways. It serves as a:

- Complete training program with key messages, lesson plans, materials and evaluation tools
- Model training to be adapted and changed based on the needs of the health workers
- Resource for designing your own training

Throughout the toolkit the term “CycleBeads” is used instead of “Standard Days Method” or “SDM.” Although CycleBeads are not the actual method, but rather a tool to help couples use the method correctly, people often use the word “CycleBeads” when referring to Standard Days Method or SDM.

## Training Community Health Workers

The training activities are designed for health workers with some primary education, and provide interactive

## What are CycleBeads® and Standard Days Method® (SDM)?

Standard Days Method® (SDM) is an effective natural method of family planning. It works for women who have menstrual cycles between 26 and 32 days long. With this method the woman and her partner use a tool called “CycleBeads®” to know which days the woman



can get pregnant. Then, to avoid pregnancy, the couple does not have sex or uses a barrier method like condoms on the days she can get pregnant. These are the days when the ring is on any of the white beads.

As a natural or fertility awareness-based method, SDM (and CycleBeads) do not harm a woman’s health or cause side effects. The method is 95% effective in preventing pregnancy when used correctly.<sup>1</sup> This means if 100 women use the method correctly for a year, about 5 women become pregnant. With proper training, health workers can check to see if CycleBeads will work for a women and her partner, and then teach them how to use it correctly.

<sup>1</sup>Arevalo MI, Jennings, V., and Sinai I. 2002: Efficacy of a new method of family planning: the Standard Days Method. *Contraception*, 65:333-338.



opportunities to see, hear, talk about, and practice how to offer CycleBeads. Instead of relying on many written materials, this training relies on one single tool: the CycleBeads package insert, which provides the necessary information to teach and use the method. The training also uses simple techniques that do not require a high reading level. The activities have been developed to be conducted in a minimum of 3 hours.

Each sample lesson in the toolkit includes pertinent sections of the CycleBeads package insert. The package insert has a set of pictures and words that remind the woman and couple how to use the method correctly. The insert also helps health workers offer the method in a way that is easy to understand. During training, each health worker should have a copy of the insert and a set of CycleBeads. The insert helps them carefully review the pictures and messages, pay attention to the order in which the information is presented, and practice how to use the insert as a job aid when talking with women and couples about the method. Large picture cards of the package insert may also be used to reinforce the main points.

The information, resources and advice included in this toolkit have been used and tested with health workers throughout the world. They reflect the type of interactions health workers typically have with women and couples in their community. However, the local community experience and the training needs of specific groups of health workers are often unique and different. It is important to know your audience well, and then modify and adapt the activities and examples in this toolkit to fit the needs of the people you are training as well as the community where they work.

## Learning Objectives

Once health workers master the key messages and objectives described in the toolkit they will be able to:

- Offer CycleBeads within the context of informed choice
- Check to see if CycleBeads will work for a woman and her partner
- Teach women and their partners how to use CycleBeads
- Talk with a woman or couple about ways to manage the days she can get pregnant
- Refer a woman or couple to a more experienced health care provider or clinic, when needed

## What the Toolkit Includes



*Offering CycleBeads: A Toolkit for Training Community Health Workers* contains the following components:

### **Sample training outline**

There is an example of a training outline with the topic, time, objectives, content, methodology, and evaluation for a sample CycleBeads workshop for community health workers. You may conduct this workshop as presented, or modify it to meet your needs. There is also a blank training outline you can use to design your own CycleBeads workshop or program.

### **Sample lessons**

There are seven sample lessons that explain the details of the training outline. Each lesson has key messages with the basic content health workers need to know. Each lesson also has specific instructions, and any materials or handouts needed to teach the sample lesson. The instructions include how to use question and answer techniques, model demonstrations, case studies, role play, and fun learning games for each lesson. This helps you **TELL, SHOW, PRACTICE** and **REVIEW** the key message and skills of the lesson as well as evaluate or **CHECK** how well health workers master the objectives.

### **Appendices**

These include materials to support and enhance training like the CycleBeads package insert, CycleBeads Counseling Toolkit, research, instructions on how to add CycleBeads to your program, and frequently asked questions.

### **CycleBeads and package insert**

A set of CycleBeads with the package insert are also included in this toolkit. These materials are important as they are used by health workers as a visual aid for teaching about the method. They are also important because CycleBeads users check the beads every day and rely on the package insert as a memory aid. The sample lessons include how to use CycleBeads and the package insert when offering the method to women or couples. In this way, health workers learn and **PRACTICE** how to use these tools before they offer the method.

### **Insert Panels**

A set of large cards, each one reflecting a different part of the package insert, is also included in the toolkit. These large cards help you **SHOW** the key messages health workers are learning about, and may be used in interactive learning games. The pictures on these large cards are identical to the pictures in the package insert, and help health workers learn to use the insert when discussing all the main points about CycleBeads.



## How to Use the Tool Kit

First, review the objectives and key messages, as these help you cover the core content and competencies needed to prepare health workers to offer SDM and CycleBeads.

Read through the sample lessons which provide the details of a well-tested approach to SDM training. You may conduct these sample lessons as described, adapt them for your group, or select from a variety of other suggested activities. You may also decide to change the order of the lessons. Try to select the best methods and activities, and present them in a way that enables your group of health workers to master the objectives and offer CycleBeads correctly.

Another option is to use the toolkit as a resource to get ideas for creating your own CycleBeads training. To further tailor training to your group, think about the answers to the following questions:

### Health workers to be trained

- Who are they?
- What do they already know and do well?
- What additional knowledge, attitudes, skills, and behaviors do they need to offer CycleBeads?
- How well do the health workers read and write?
- How do they learn best?

### Time available

- How much time is available for training?
- Will you be able to conduct a three to six hour workshop?
- Will it be better to conduct a brief workshop on the main points and then practice how to offer CycleBeads during supervisory visits, or periodic staff meetings?

### Methodology

- Which activities will work best with your group to achieve the objectives?
- Who will model how to offer CycleBeads in a simple, easy-to-understand way?
- How much practice and review do health workers need?

### Evaluation

- How will you check to make sure health workers master all the objectives?
- How will you help health workers check to make sure the women and couples





they counsel understand how to use CycleBeads correctly?

- After the training, who will check to see if health workers are able to offer CycleBeads to women and couples in a quality way?

### **Logistics**

- Where will the training take place?
- What materials do you need (pencils, paper, CycleBeads, chairs, etc.)
- What other materials do you need to prepare before the day of the training? (Handouts, case studies, role plays, learning games, etc.)
- Were participants informed about the training and will they know where it will be held?

### **Beyond training**

- How much outreach will take place to let community members know about the new method?
- Who will supervise the newly trained health workers?
- Will there be follow-up training or on-the-job-coaching?
- Are there revised data collection forms or other reporting needs? Do health workers know how to complete these forms?
- How will your program get CycleBeads and be reimbursed for the expense?

While you may not be able to fully answer all of these questions, if you think about and address them you can better determine if this training can meet the needs of your group or help tailor the training accordingly. See the Training Outline for one way to train health workers how to offer CycleBeads. Or, use the blank training outline if you wish to modify or design your own workshop.

## **Scope of the Toolkit**

The toolkit includes the core content information and skills needed to train community health workers to offer SDM, using CycleBeads and the package insert as an educational tool. The goal is to conduct a workshop that is very simple, relevant, and dynamic — without overloading health workers with extra details they do not need to know, or do not use very often.

The toolkit suggests teaching community health workers to refer *some* women who are interested in CycleBeads to a clinic or trained provider for more information and assessment. This includes women who have previously used a hormonal method of family planning, and women who have recently experienced other health issues like a miscarriage or abortion. The details of how to do this are not included in this toolkit. The



reason is these situations do not happen very often, and community health workers would need to master a lot more information and skills to be prepared to handle them.

If you plan to teach health workers how to offer SDM and CycleBeads to a woman who has recently used a hormonal method, or has had a miscarriage or abortion, you will need content information and skills practice that is not included in this toolkit. For more information on how to manage these “special circumstances” see the online SDM training at [www.irh.org](http://www.irh.org).

If you have questions or would like support as you prepare to conduct a CycleBeads workshop, talk with an experienced CycleBeads trainer. You may also want to observe skilled providers as they offer CycleBeads to interested clients. For more resources on SDM and CycleBeads, visit the Standard Days Method Resource Repository at <https://www.irh.org/standard-days-method-resource-repository/>. The repository hosts many resources for program managers, policymakers, and providers.

# Sample Training Outline

Topic and Time	Objectives	Content	Methodology and Materials*	Evaluation
<b>#1</b> <b>Family planning and informed choice: What are CycleBeads?</b> 20 minutes	<ul style="list-style-type: none"> <li>Describe the benefits of child spacing</li> <li>Define family planning and list different family planning methods</li> <li>Briefly describe CycleBeads as one of the many family planning options for women and couples</li> </ul>	<ul style="list-style-type: none"> <li>Welcome, introduction, objectives</li> <li>Healthy timing and spacing of births</li> <li>Informed choice and family planning</li> <li>CycleBeads: What they are, how they work, what the colors mean</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Demonstration (overview of CycleBeads)</li> <li>Touching, feeling CycleBeads and viewing package insert</li> <li>Review of main points</li> </ul>	<ul style="list-style-type: none"> <li>Return demonstration of how to briefly describe CycleBeads in the context of informed choice</li> </ul>
<b>#2</b> <b>How do you use CycleBeads?</b> 20 to 45 minutes	<p>Show and tell:</p> <ul style="list-style-type: none"> <li>How to use CycleBeads</li> <li>How to check for a period that comes too soon or too late</li> </ul>	<ul style="list-style-type: none"> <li>Start on the first day of bleeding</li> <li>Move the ring each day</li> <li>Use condoms or do not have sex when the ring is on a white bead</li> <li>Start again on the first day of bleeding</li> <li>Check for periods that come too soon or too late</li> </ul>	<ul style="list-style-type: none"> <li>Demonstration (how to use)</li> <li>Observation of insert section</li> <li>Practicing how to show others to use CycleBeads</li> <li>Group discussion</li> <li>Demonstration or return-demo</li> <li>Review of main points</li> </ul>	<ul style="list-style-type: none"> <li>Observation of health workers while they practice in pairs how to show and tell someone to:               <ul style="list-style-type: none"> <li>- Use CycleBeads,</li> <li>- Check for periods that come too soon or late</li> </ul> </li> </ul>
<b>#3</b> <b>Who can use cycleBeads?</b> 30 minutes	<ul style="list-style-type: none"> <li>Ask questions to find out if CycleBeads will work for a specific woman AND her partner</li> </ul>	<ul style="list-style-type: none"> <li>Women with periods that come about a month apart AND</li> <li>Couples who can use condoms of not have sex on days the woman can get pregnant</li> <li>Ask questions to find out</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Demonstration</li> <li>Observation of insert section</li> <li>Case studies</li> <li>Review of main points</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer to find out what questions health workers will ask to check if CycleBeads will work for the individual woman AND her partner</li> </ul>
<b>#4</b> <b>When can you start using CycleBeads?</b> 30 minutes	<ul style="list-style-type: none"> <li>Find out when a woman can start using CycleBeads</li> <li>Tell her what to do if she forgets to move the ring</li> </ul>	<ul style="list-style-type: none"> <li>For women with periods that come about a month apart:               <ul style="list-style-type: none"> <li>- Start today, IF she knows the date her last period started</li> <li>- Start the first day of her next period, IF she is unsure of the exact date</li> </ul> </li> <li>Ask questions to find out:               <ul style="list-style-type: none"> <li>- Ways to remember to move the ring each day</li> <li>- What to do if she forgets</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Demonstration (when a woman can start)</li> <li>Observation of insert section</li> <li>Case studies</li> <li>Question and answer</li> <li>Demonstration (what to do if she forgets)</li> <li>Review of main points</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer to check what questions health workers will ask to find out when the woman can start CycleBeads</li> <li>Possible role play or return demonstration of how to tell a woman when to start CycleBeads, and what to do if she forgets to move the ring</li> </ul>

The materials for all the sample lessons include CycleBeads and the package insert.

Trainers may use the case studies and role plays supplied with the sample lessons, or create their own.

Topic and Time	Objectives	Content	Methodology and Materials*	Evaluation
<b>#5</b> <b>Asking about breastfeeding and family planning</b> 15 minutes	<ul style="list-style-type: none"> <li>Ask questions to find out if a woman who has recently had a baby, is breastfeeding, or has recently used a hormonal method of family planning can start using CycleBeads</li> </ul>	<ul style="list-style-type: none"> <li>For recent birth or breastfeeding, wait until she has had 4 periods AND the last 2 periods are about a month apart</li> <li>For recent hormonal method use, refer to a trained provider</li> <li>Ask questions to find out</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Demonstration (how to check about recent birth, breastfeeding and hormonal methods)</li> <li>Observation of insert section</li> <li>Case studies</li> <li>Review of main points</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer to check what questions health workers will ask to find out about recent birth, breastfeeding and hormonal method use</li> <li>Possible role play or return demonstration, when to refer</li> </ul>
<b>#6</b> <b>Helping the couple use CycleBeads successfully</b> 25 minutes	<ul style="list-style-type: none"> <li>Encourage women and couples to talk about how they will manage the days the woman can get pregnant</li> <li>Discuss when a CycleBeads user should return to the health worker or clinic</li> </ul>	<ul style="list-style-type: none"> <li>Ask how the couple will manage the days the woman can get pregnant</li> <li>Encourage partner communication</li> <li>Tell when to return (periods come too early or late, difficulty with the method, may be pregnant, to change methods, questions, possible EC, etc.)</li> <li>Discuss that CycleBeads do not protect against HIV/AIDS or other diseases people can get from sex</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Demonstration</li> <li>Case studies</li> <li>Group discussion</li> <li>Observation of insert section</li> <li>Review of main points</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer to find out how health workers will help support couple communication about managing the days the woman can get pregnant</li> <li>Return demonstration of when the client should return to the health worker or clinic</li> </ul>
<b>#7</b> <b>Offering CycleBeads: Practice Counseling</b> 40 minutes (depending on the size of the group)	<ul style="list-style-type: none"> <li>List the main points to include in a CycleBeads counseling session</li> <li>Demonstrate a complete counseling session</li> </ul>	<p>Use CycleBeads and the insert as a job aid. Provide counseling on the following:</p> <ul style="list-style-type: none"> <li>Welcome and tell what CycleBeads are</li> <li>Ask questions to find out if the woman and couple can use CycleBeads</li> <li>Show and tell how to use CycleBeads, check for a period that comes too soon or late, when to start, what to do if she forgets to move the ring, and when to contact the healthcare provider</li> <li>Support the couple and how they will handle the days she can get pregnant</li> <li>Check for client understanding throughout the counseling session</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Observation of content and order of topics in the entire package insert</li> <li>Demonstration</li> <li>Group discussion</li> <li>Three role plays (health worker, client, observer) to practice a complete counseling session</li> <li>Group discussion</li> <li>Review of main points</li> </ul>	<ul style="list-style-type: none"> <li>Observation of health workers as they demonstrate (through role play) how to conduct a complete CycleBeads counseling session</li> </ul>

The materials for all the sample lessons include CycleBeads and the package insert.

Trainers may use the case studies and role plays supplied with the sample lessons, or create their own.

Training Outline

Topic and Time	Objectives	Content	Methodology and Materials	Evaluation





It is healthier for a woman and her children if the births are spaced at least two years apart. Benefits of child spacing include an increased chance that:

- Babies will be born strong and healthy
- Mothers will have a healthy pregnancy, more time to care for all their children, and more time to prepare physically, emotionally and financially for a future pregnancy
- Mother's health will not be harmed by too many births



Family planning is each person's right to freely decide the number and spacing of their children and to make an informed decision about how to plan their family.



There are many family planning methods couples can use to space or prevent pregnancy. These safe and effective methods include the contraceptive pills, implant, injectable, IUD, tubal ligation, vasectomy, condoms, spermicides, and methods based on a woman's fertility like CycleBeads. When deciding which method to use, women and couples should know about the different choices they have.



Women and couples should understand what the method is, how it works, how to use it, how effective it is, important facts about the method, when the method may not be advised, possible side effects, and when to return to the clinic or health center.



CycleBeads are one of the many methods of family planning women and couples may choose. CycleBeads work for women who get their periods about a month apart. The woman uses a string of beads to find out which days she can get pregnant. To avoid getting pregnant, the woman and her partner do not have sex or use a barrier method like condoms on the days she can get pregnant. CycleBeads are based on a natural method that has no side effects.

# 1

## Informed Choice and Family Planning

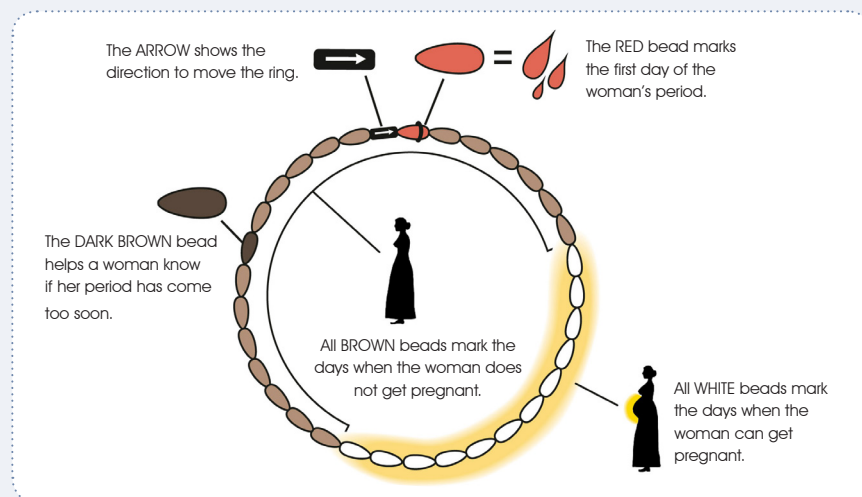
## Key Messages



CycleBeads are based on a method that is 95% effective when used correctly. This means if 100 women use the method correctly for one year, about five become pregnant. In a study of typical use, 12 out of 100 women using this method became pregnant during the year. (This included women who used the method correctly and those who did not.)



CycleBeads are a string of beads that represent all the days of the menstrual cycle. The rubber ring is moved one bead each day to track where the woman is in the cycle. Brown beads represent days when pregnancy is unlikely. White beads represent fertile days, when pregnancy is possible. To prevent pregnancy, the couple does not have sex or uses condoms on white bead days. .





# 1 Informed Choice and Family Planning

## Sample Lesson

### Learning Objectives

Health workers will be able to:

- Describe the benefits of child spacing
- Define family planning and list different family planning methods
- Briefly describe CycleBeads as one of the many family planning methods available for women and couples.

**Time** 30 minutes

### Instructions for Trainers

1. Introduce yourself and state the objectives of the workshop. Use a fun activity to get to know the health workers.
2. **ASK** health workers why a person may want to space or limit the births of their children. Discuss the benefits of child spacing.
3. **ASK** health workers what the term “family planning” means.
4. **ASK** them to think about what women and men in their community feel about family planning. Ask questions like the following:
  - Why do you think some couples practice family planning in your community?
  - Why do some couples **not** practice family planning?
  - What would help those who want to plan their families to do so successfully?
5. **ASK** which family planning methods they have heard of. Add any methods not included. You may show samples or pictures of the different methods.
6. **ASK** what a person might want to know about the different family planning methods available in order to make an informed choice. For example, how the method works, how effective it is, what are its advantages and limitations, etc.
7. **ASK** what health workers have heard about CycleBeads. Hold CycleBeads in your hand and briefly show and tell what CycleBeads are. Include the content on the package insert under the panel called, “**What Are CycleBeads?**”. Hold up a large picture of this part of the insert and tape it to the wall.

# 1

## Informed Choice and Family Planning

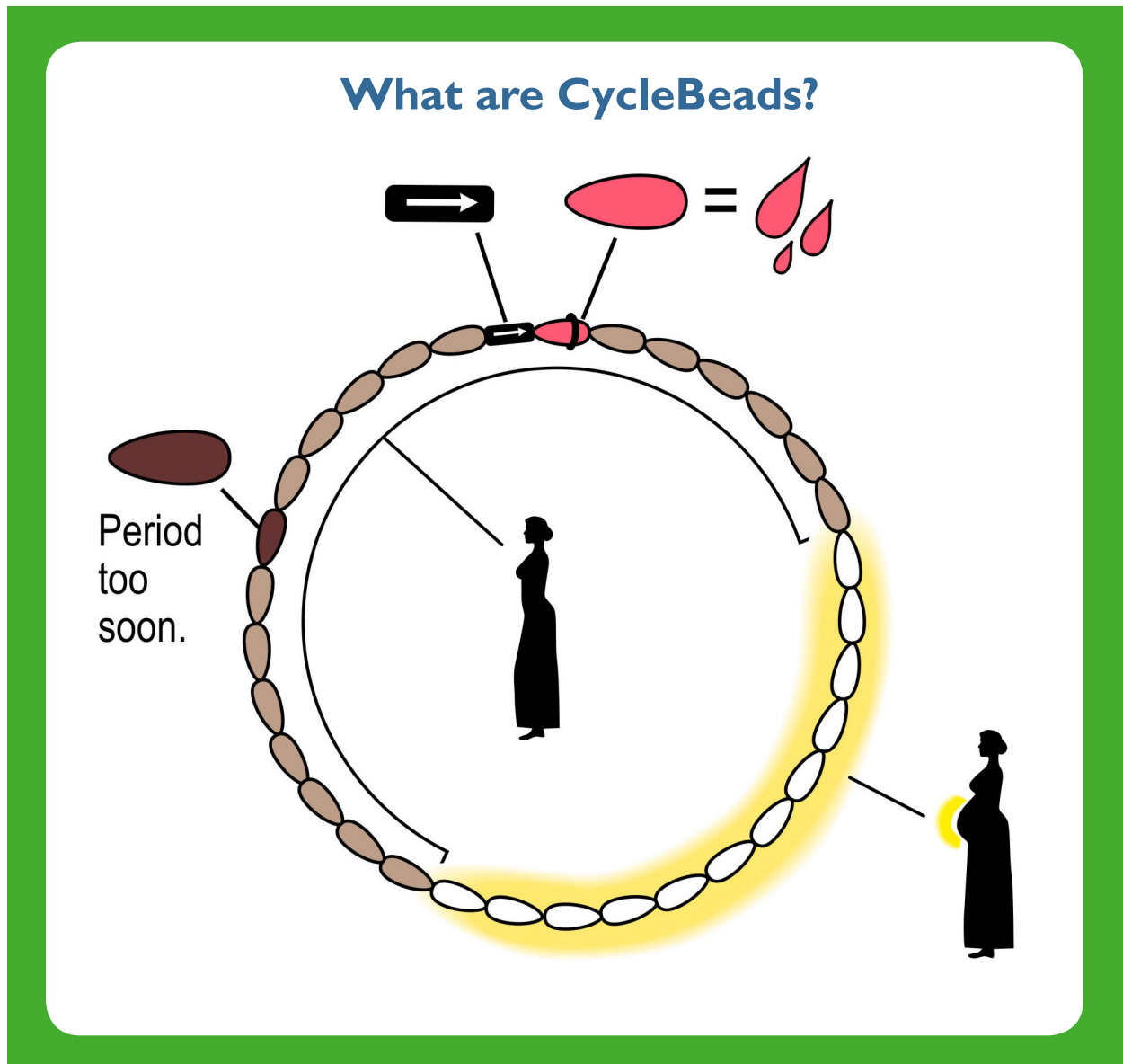


### Sample Lesson

8. Pass out CycleBeads and the package insert. **ASK** health workers to **LOOK** at, **TOUCH** and **FEEL** these materials. Tell health workers they will use CycleBeads and the package insert throughout the training, and practice how to use these tools to teach women to use the method correctly. At the end of the training each health worker will use these tools and show how to provide a complete counseling session on CycleBeads.
9. To **REVIEW** the main points about CycleBeads and check what health workers have learned, invite a health worker to briefly show and tell what CycleBeads are. Correct any misinformation.

### Materials for this Lesson:

- CycleBeads and package insert (see Appendix 1)
- Large insert panel “**What are CycleBeads?**”





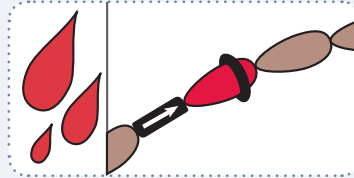
# 2

## How Do You Use CycleBeads?

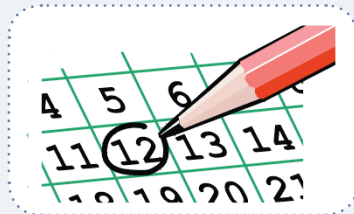
## Key Messages



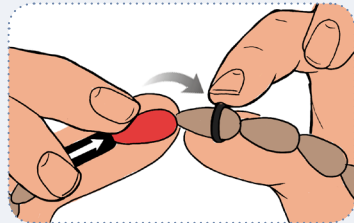
The day you get your period, move the ring to the **RED** bead. The red bead marks the first day of your period.



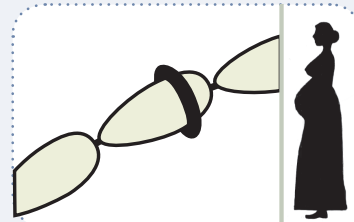
Also, mark that day on your calendar.



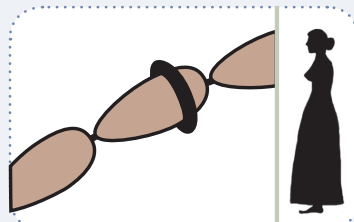
Move the ring one bead each day in the direction of the arrow. Move the ring even on the days when you have your period.



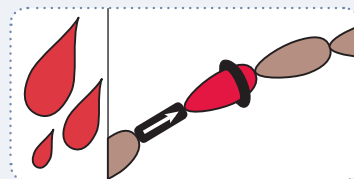
When the ring is on any **WHITE** bead, use a condom or do not have sex. You can get pregnant on these days.



You can have unprotected sex when the ring is on any **BROWN** bead. You are not likely to get pregnant on those days.



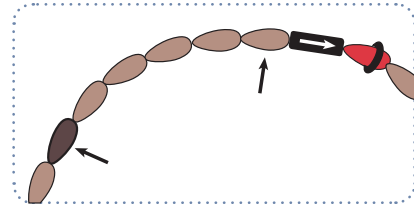
When your next period starts again, move the ring to the **RED** bead. Skip over any beads that are left.



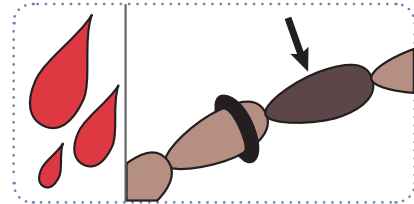
## Tracking your period with CycleBeads



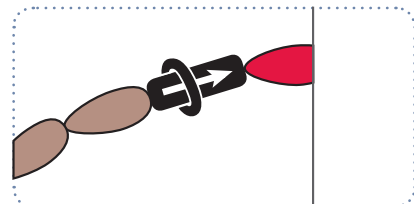
To use CycleBeads your period must come anytime between the dark brown bead and the last brown beads.



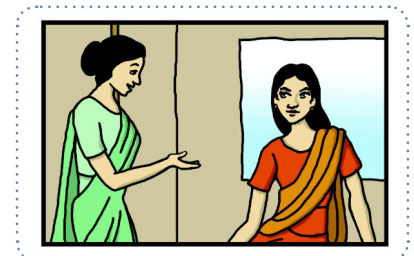
If you get your period before you reach the **DARK BROWN** bead, this means your period has come too soon.



If your period does not start by the **DAY AFTER** you reach the last brown bead, this means your period is late.



If your period comes too soon, or comes too late more than once in a year, CycleBeads will not work for you. Contact your provider for a different method.



# 2

## How Do You Use CycleBeads?

### Sample Lesson

### Learning Objectives

Health workers will be able to show and tell:

- How to use CycleBeads
- How to check for a period that comes too soon or too late

**Time** 30 to 45 minutes

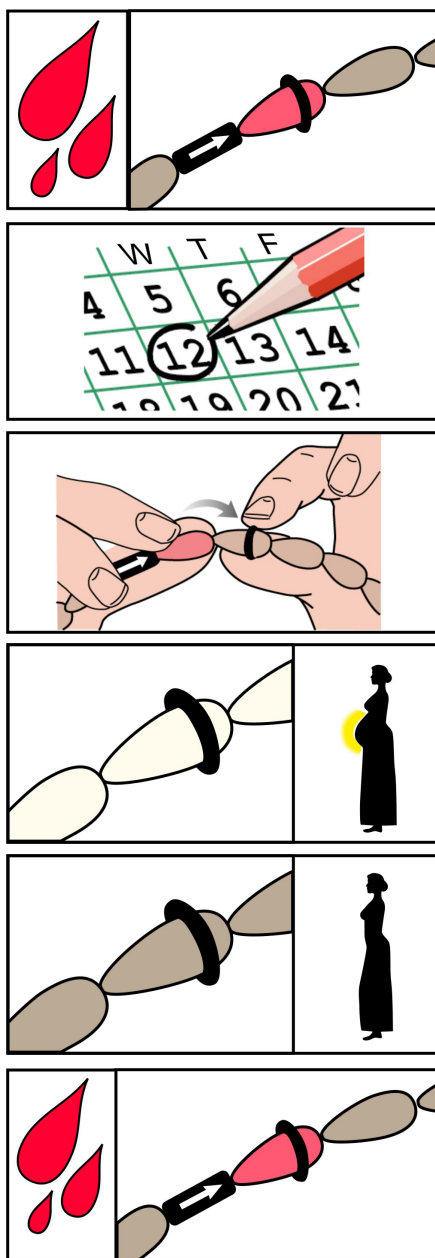
### Instructions for Trainers

1. Hold CycleBeads in your hands while you **SHOW** health workers how to use them. Demonstrate how you would teach a woman or couple to use the method with CycleBeads as a visual aid.
2. **ASK** health workers to find the part of the package insert called “**How do you use CycleBeads?**” and “**Tracking your periods with CycleBeads**”. Tell them to **LOOK** at the pictures, words, and the order of the messages. Hold up a large picture of this part of the insert, and tape it to the wall.
3. Invite health workers to form groups of two people and **PRACTICE** with each other how to teach someone to use CycleBeads.
4. **ASK** health workers to share what worked and what was challenging for them. Remind them to present the information in a simple and clear way that is easy to follow.
5. **REMIND** health workers that it is important for women to always track their periods, and check to see if their period comes too soon or late.
6. **REVIEW** the main points about how to use CycleBeads by showing again (or ask one of the most skilled health workers to demonstrate) how to teach someone to use CycleBeads. Correct any misinformation.

### Materials for this Lesson

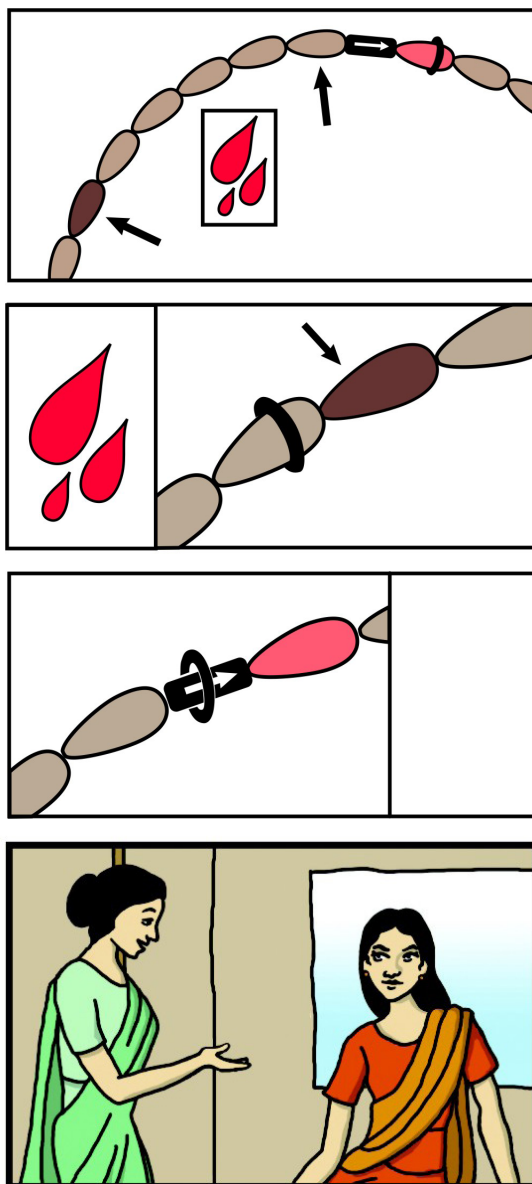
- CycleBeads and package insert (see Appendix 1)
- Large panel inserts: “**How do you use CycleBeads?**” and “**Tracking your period with CycleBeads**”.

## How do you use CycleBeads?





### Tracking your period with CycleBeads





# 3

## Who Can Use CycleBeads?

## Key Messages



CycleBeads can be used if:

- The woman who has her menstrual bleeding (periods) about a month apart
- She and her partner can use condoms or not have sex on days when the ring is on a white bead



Ask questions to find out if CycleBeads will work for the woman.

**Possible question:**

**Do your periods come about a month apart?**

- If a woman says her periods come about a month apart, she can use CycleBeads.
- If a woman knows her periods do NOT come about a month apart, she should use a different family planning method.
- If the woman is not sure whether her periods come about a month apart, she can use CycleBeads or a calendar to check how often her period comes before starting the method.



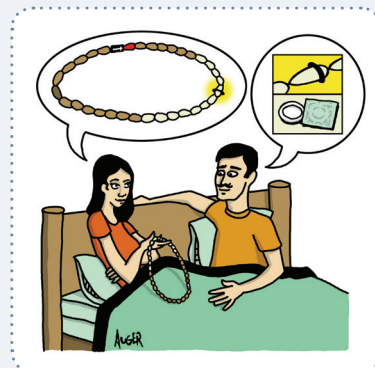
Ask questions to find out if CycleBeads will work for **BOTH** the woman and her partner.

**Possible question:**

**Can you and your partner use a condom or not have sex during the 12 white bead days?**



Tell couples who use CycleBeads it is important that they talk about, and decide together, how they will prevent pregnancy when the ring is on any of the white beads.



### Learning Objective

Health workers will be able to ask questions to find out if CycleBeads will work for a specific woman and her partner.

**Time** 30 to 45 minutes

### Instructions for Trainers

1. **ASK** health workers who they think can use CycleBeads. If a flip chart is available, write their answers on it for all to see.
2. **TELL** health workers that two conditions must be met for this method to work:
  - The woman gets her periods about a month apart.
  - The couple is able to use a condom, or not have sex on the days she can get pregnant (white bead days).

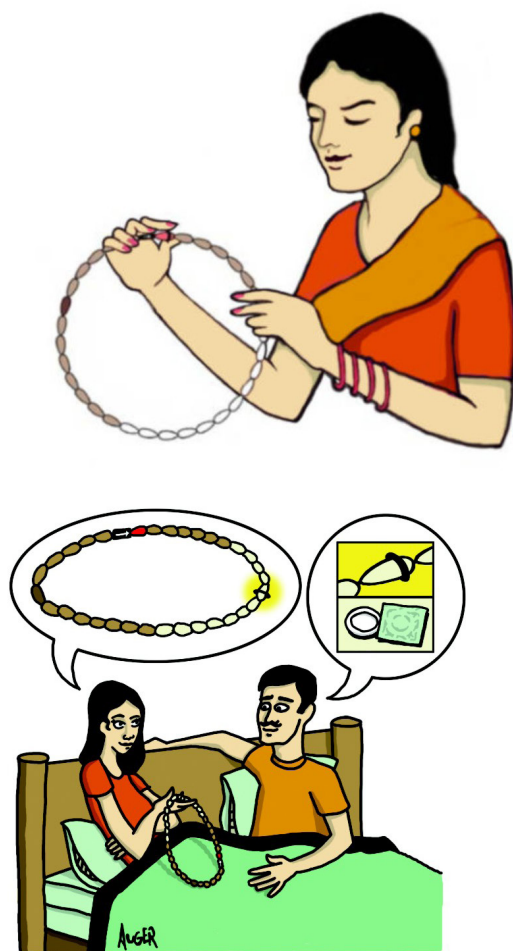
We need to check to make sure CycleBeads work for each woman by asking these two questions:

- ***Do your periods come about every month?***
  - ***Can you and your partner use condoms or not have sex during the 12 days when the ring is on a white bead?***
3. **SHOW** health workers how to ask the first question. Using case 1 on page 30, ask a volunteer to read the lines of the woman, while you model how to ask the questions. Thank the volunteer and invite others to share other ways of asking this question.
  4. **TELL** health workers to find the part of the package insert called “Who can use CycleBeads,” and **LOOK** at the pictures. Tape a large picture of the insert panel to the wall.
  5. **DISCUSS** the sample cases. Case 2 and 3 show when a woman can and cannot use CycleBeads, based on how often she gets her period. Case 4 shows how to ask questions to find out if CycleBeads will work for both partners.
  6. **EXPLAIN** that she must start using the method when her next period comes. She can take CycleBeads home and use a condom if she has sex between now and when she gets her period. When her period comes, start using CycleBeads.
  7. **REVIEW** the main points about how to find out if CycleBeads will work for the woman and her partner. **CHECK** to see what questions health workers will ask all women to find out if she and her partner can use CycleBeads. If needed, demonstrate again how to respond to important questions.

### Materials for this Lesson

- CycleBeads and package insert (see Appendix 1)
- Large insert panel: “Who can use CycleBeads?”

## Who Can Use CycleBeads?



### Sample Case I

Model a woman who gets her periods about a month apart

**Health Worker:** Hi, I see you want to use CycleBeads.

**Woman:** Yes, I heard about them from my neighbor.

**Health Worker:** May I ask you a few questions to see if CycleBeads will work for you?

**Woman:** Yes, that's OK.

**Health Worker:** Do you get your menstrual bleeding (period) about every month?

**Woman:** Oh yes, I always get my period every month.

• • •

### Discussing the case

Ask health workers the following questions:

1. What question did the health worker ask to find out if CycleBeads would work for the woman?

**Answer:** Do you get your menstrual bleeding (or do you have a period), about every month?

2. Can this woman use CycleBeads? Why?

**Answer:** Yes, because she says she gets her period every month.

3. In your community, what similar questions would you ask to find out if a woman gets her periods about a month apart?

## Sample Case 2

### Discuss a woman who usually gets her period late

A health worker is talking with a woman who is interested in CycleBeads. When the health worker asks, "Do your periods come about a month apart?" the woman shakes her head. Then the health worker asks, "How often do you get your periods"? The woman responds, "I never know when I will get my period. Sometimes a month will go by, and my period still has not come."



### Discussing the case

Ask health workers the following questions:

1. What questions did the health worker ask to find out if CycleBeads would work for the woman?

**Answer:**

**Do your periods come about a month apart?**

**How often do you get your periods?**

2. Can this woman use CycleBeads? Why?

**Answer:**

**No, because her periods are not coming monthly. CycleBeads will not work for her.**

3. In your community, what similar questions would you ask to find out if the woman gets her periods about a month apart?

### Sample Case 3

Discuss a woman who does not know if her periods come about a month apart

A health worker is talking with a woman who is interested in CycleBeads. When the health worker asks, "Do your periods come about a month apart?" the woman looks confused. Then the health worker continues, "Your monthly bleeding, how often do you get it?" The woman responds, "I am not sure. I have never paid attention to this." She still wants to use CycleBeads.



### Discussing the case

Ask health workers the following questions:

1. What questions did the health worker ask to find out if CycleBeads would work for the woman?

**Answer**

**Do your periods come about a month apart?**

**Your monthly bleeding, how often do you get it?**

2. Can this woman use CycleBeads? Why?

**Answer**

**Not yet, because she does not know whether her periods come about a month apart. She can use a calendar or CycleBeads to track her periods and find out if CycleBeads will work for her.**

3. In your community, what similar questions would you ask to find out if the woman gets her periods about a month apart?



# 4

## When Can You Start Using CycleBeads?

### Key Messages

### What if you forget to move the ring?

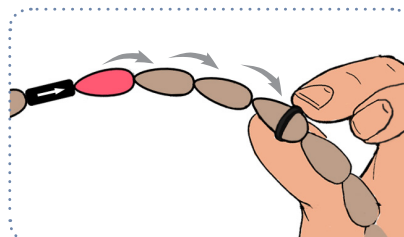


If a woman **forgets** to move the ring, or needs to check if the ring is on the right bead, tell her:

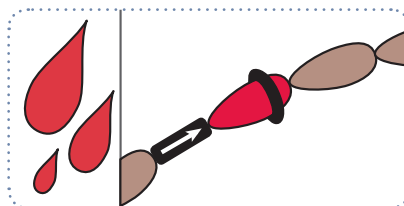
- Check your calendar for the date your last period started
- Start with that date
- Put the ring on the red bead and then move it from bead to bead as you say the dates
- When you get to today's date, put the ring on that bead

March

		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	31		



If a woman did not mark the calendar when her period started, tell her to use a condom or not have sex until the first day of her next period. She can start CycleBeads again on the day she starts her period.



# 4

## When Can You Start Using CycleBeads?

## Sample Lesson

### Learning Objectives

Health workers will be able to:

- Find out when a woman can start using CycleBeads
- Tell her what to do if she forgets to move the ring

**Time** 30 to 45 minutes

### Instructions for Trainers

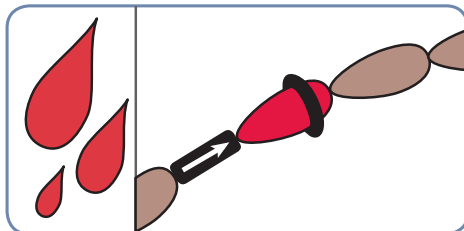
1. **TELL** health workers that after they know a woman can use CycleBeads, they need to check when she can start using them.
2. **EXPLAIN** that she must start using the method when her next period comes. She can take CycleBeads home and use a condom if she has sex between now and when she gets her period. When her period comes, start using CycleBeads.
3. **TELL** health workers to find the panel in the package insert called **“When can you start using CycleBeads?”** and **LOOK** at the pictures. Hold up a large picture of this part of the insert and tape it to the wall. This will help them remember to check and find out when each woman can start CycleBeads.
4. **ASK** how health workers might help women and couples remember to move the ring one bead each day. (For example they can tell couples to move the ring at the same time each day, and to put the beads in a convenient place.)
5. **SHOW and TELL** how to teach a woman what to do if she forgets to move the ring. Use the insert panel **“What if you forget to move the ring?”**.
6. **REVIEW** the main points about how to:
  - Tell a woman how to start using CycleBeads.
  - Tell a woman what to do if she forgets to move the ring.

**CHECK** to make sure health workers can do this. You may invite one or more health workers to show and tell how they will do this. If needed, show them again. Or, allow time for health workers to practice with role plays. Correct any mistakes.

### Materials for this Lesson

- CycleBeads and package insert (see Appendix 1)
- Insert panels **“When can you start using CycleBeads?”** and **“What if you forget to move the ring?”**

### When can you start using CycleBeads?

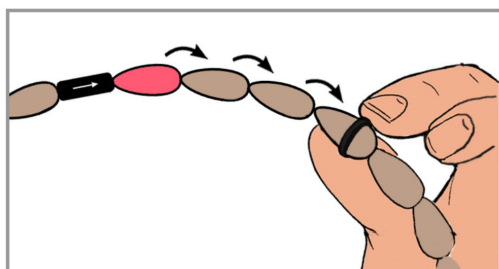


### What if you forget to move the ring?



		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	
20	21	22	23	24	25	26
27	28	29	30	31		

A hand is pointing to the number 12 in the calendar grid. Above the numbers 2, 3, 4, and 5, there are curved arrows indicating a sequence of days. The number 2 is circled in red and contains a red teardrop-shaped bead icon.





### Some women may need to wait a while before using CycleBeads



A woman who recently had a baby, is breastfeeding, or has used a hormonal method of family planning (like injectables) in the past few months, **MAY** need to wait before she can use CycleBeads. This is because her menstrual bleeding may not be coming every month.

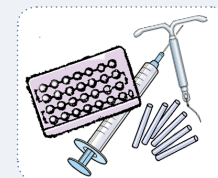


A woman who has recently given birth, or is breastfeeding needs to wait until she has had:

- Four periods since the baby was born, AND
- Her last two periods have been about a month apart



A woman who has recently used a hormonal method of family planning may need to wait to use CycleBeads. Refer these women to the clinic or health center to find out when they can start CycleBeads.



Ask each woman questions to find out **IF** she has recently given birth, is breastfeeding, or has used a hormonal method of family planning in the past few months. In some of these cases the woman's periods may not be back to normal yet. She may need to wait a while to use CycleBeads.

#### Possible questions to ask ALL women:

- Have you had a baby, or have you been breastfeeding in the past few months?  
If **YES**, then ask:
  - How many periods have you had since your baby was born? (at least four?)
  - Were your last two periods about a month apart?
- Have you used a (hormonal) method of family planning like the pill or the injection in the past few months?  
If **YES**, then refer her to the clinic or health center to find out if she can start CycleBeads.



If a woman has recently used a hormonal method of family planning, emergency contraceptive pills, or has had a miscarriage, abortion, or other situation they are unsure of, health workers should refer the client to the clinic or health center to find out when she can start using the CycleBeads.

### Learning Objectives

Health workers will be able to ask questions to find out if a woman needs to wait to start using CycleBeads because she has recently had a baby, is breastfeeding, or has recently used a hormonal method of family planning.

**Time** 30 minutes

### Instructions for Trainers

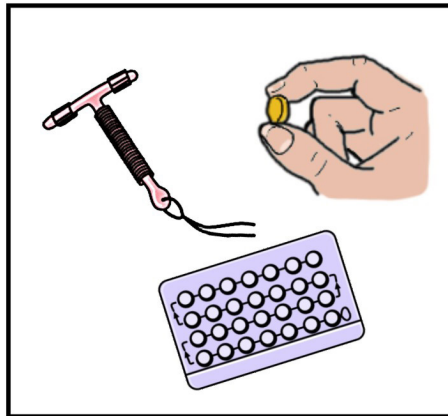
1. **ASK** health workers why some women who have recently had a baby or are breastfeeding **MAY** need to wait to start CycleBeads. Provide information as needed.
2. **SHOW and TELL** how to ask questions to find out if a woman interested in CycleBeads has recently had a baby, is breastfeeding, or has used a hormonal method of family planning.
3. **TELL** health workers to find the part of the package insert that says **“Some women may need to wait a while before using CycleBeads”** and **LOOK** at the pictures. Hold up a large picture of this part of the insert and tape it to the wall (see page 55 for the panel insert). This will help them remember to find out if a woman is breastfeeding or has used another method of family planning in the past few months.
4. **REMIND** them to explain that the user must start using the method when her next period comes. She can take CycleBeads home and use a condom if she has sex between now and when she gets her period. When her period comes, start using CycleBeads.
5. **REVIEW** the main points about how to:
  - Find out **IF** a woman has recently had a baby, is breastfeeding or has used a hormonal method. Ask questions to know whether a woman who is breastfeeding or has recently had a baby can start using CycleBeads.
  - Refer other situations to a skilled provider at the clinic or health center.
  - Explain when to start using CycleBeads and a barrier method until she starts her period.

**CHECK** to make sure health workers can do this. You may invite one or more health workers to show and tell how they will do this. If needed, show them again. Or, allow time for health workers to practice with role plays or more case studies. Correct any mistakes.

### Materials for this Lesson

- CycleBeads and package insert (see Appendix 1)
- Insert panel **“Some women may need to wait a while before using CycleBeads”**.

**Some women may need to wait  
a while before using CycleBeads.**







# 6

## Helping the Couple Use CycleBeads Successfully

### Key Messages



Find out if CycleBeads will work for **BOTH** partners by asking questions:

#### Possible questions:

- Have you and your partner talked about using CycleBeads?
- Do you think you and your partner can use condoms or not have sex on the days when the ring is on a white bead?
- What will you and your partner do on the white bead days?
- Will that work for both of you?
- Have you used a method like this before? If so, how did it work out?



Help women or couples leave with a plan for how they will manage the days when the woman can get pregnant. For example,

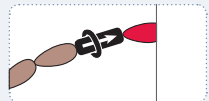
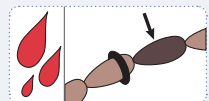
- Some couples have sex more often during the brown bead days. This helps them handle the 12 white bead days when they must use a condom or abstain from sex. (Share other suggestions common in your community.)

### When to contact the healthcare provider



A CycleBeads user should return to the health worker or clinic:

- If she has unprotected sex on a white bead day
- If she thinks she might be pregnant
- If CycleBeads may no longer work for the woman or her partner
  - Her period has come too soon or too late,
  - The couple has difficulty handling the white bead days
- If she wants to change methods
- If she has any questions or concerns



CycleBeads do not protect against HIV/AIDS and other infections people can get from having sex. Male and female condoms can reduce the risk of these infections.



# 6 Helping the Couple Use CycleBeads Successfully

## Sample Lesson

### Learning Objectives

Health workers will be able to:

- Encourage women and couples to talk about how they will manage the days the woman can get pregnant
- Discuss when a CycleBeads user should return to the health worker or clinic.

**Time** 30 minutes

### Instructions for Trainers

1. **ASK** health workers how they would help women and couples talk about managing the days when a woman can get pregnant. What questions would they ask the woman or couple?
2. **SHOW and TELL** how to support a woman and her partner to be successful CycleBeads users. Using sample case **12**, model how to ask questions and support the couple.
3. **DISCUSS** case studies that show how to help a woman recognize a partner who may be supportive of CycleBeads, one who may not be supportive, and tips for managing the days when a woman can get pregnant.
4. **ASK** health workers when they think a CycleBeads user should return to see them or a skilled provider at the health center. Provide information as needed. **TELL** health workers to find the part of the package insert that says **“When to contact your healthcare provider”** and **LOOK** at the pictures. Hold up a large picture of this part of the insert and tape it to the wall. This will help them remember to tell a woman when to return.
5. **TELL** health workers that CycleBeads do not protect couples from infections they can get from having sex.
6. **REVIEW** the main points about how to:
  - Encourage women and couples to talk about how they will manage the days the woman can get pregnant, and have condoms available to use if they decide to have sex on fertile days.
  - Discuss when a CycleBeads user should return to the health worker or clinic.

**CHECK** to make sure health workers can do this. You may invite one or more health workers to show and tell how they will do this. If needed, show them again. Or, allow time for health workers to practice with role plays or more case studies. Correct any mistakes.

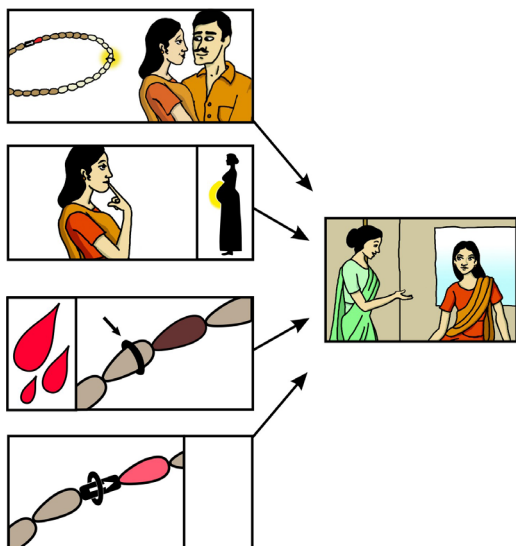
### Materials for this Lesson:

- CycleBeads, package insert (see Appendix 1)
- Case studies
- Insert panel: **“When to contact your healthcare provider”**

## Helping the Couple Use CycleBeads Successfully

Insert  
Panel

### When to contact your healthcare provider



- CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.
- CycleBeads are not a toy. Keep them in a safe place, away from children.



## Helping the Couple Use CycleBeads Successfully

## Case Studies

### Sample Case 5

#### Discuss a woman with a supportive partner

A health worker is talking with a woman who is interested in CycleBeads. Her periods come about a month apart; and she thinks her husband would accept using CycleBeads. She has never talked with him about it. But, they both want to wait a few more years before having another child.



#### Discussing the case

Ask health workers the following questions:

1. What questions might a health worker ask to find if CycleBeads appear to work for both partners?

**Possible Answers** (These questions may be phrased differently, depending on the local community.)

- Have you and your partner talked about using CycleBeads?
  - Do you think you and your partner can use condoms or not have sex on the days when the ring is on a white bead?
  - What will you and your partner do on these “white bead” days?
  - Will that be OK with both of you?
  - Have you used a method like this before? If so, how did it work out?
2. How might you help a woman think about and practice how she will talk with her partner about using CycleBeads?

**Possible Answer**

First, ask her to play the role of her husband while you model how she might talk with him about using Cyclebeads. Then, have her play the role of herself so she can practice what she will say to her husband. Remind women and couples to decide on a plan for how they will handle the days she can get pregnant.

### Sample Case 6

#### Discuss a woman with partner who is not supportive

A health worker is talking with a woman who is interested in CycleBeads. Her periods come about a month apart; but her husband does not like to use condoms. He wants to have sex whenever he feels like it. She would rather not talk with him about CycleBeads.



#### Discussing the case

Ask health workers the following questions:

1. What questions might a health worker ask to find if CycleBeads appear to work for both partners?

**Possible Answers** (These questions may be phrased differently, depending on the local community.)

- Have you and your partner talked about using CycleBeads?
- Do you think you and your partner can use condoms or not have sex on the days when the ring is on a white bead?
- What will you and your partner do on these “white bead” days?
- Will that be OK with both of you?
- Have you used a method like this before? If so, how did it work out?

2. If the woman’s husband is not interested in using condoms, or avoiding sex on the “white bead” days, can she still use CycleBeads? Why?

**Answer**

**No.** If a woman's husband does not want to use a barrier method like condoms, or not have sex on the days she can get pregnant, CycleBeads will not work for them. It is important that both partners want to use this method. If not, there are other family planning methods to choose from.

### Sample Case 7

#### Discuss when a CycleBeads user should contact a healthcare provider

A health worker talked with a woman who was interested in CycleBeads. The woman said her periods come about a month apart; and both she and her husband plan to use condoms on the days when she can get pregnant. The woman used her new CycleBeads to show the healthcare worker that she knew how to use the method correctly. The woman asked when she needed to come back for a recheck.

#### Discussing the case

Ask health workers the following questions:

1. When should a CycleBeads user return to see you or a skilled health provider?

##### Answers

- If she has unprotected sex on a “white bead” day
  - If she thinks she may be pregnant
  - If CycleBeads may no longer work for the woman or her partner
    - Her periods come too soon
    - Her periods come late
    - The couple has difficulty handling the white bead days
  - If she wants to change methods
  - If she has any questions or concerns
2. If a CycleBeads user comes to see you because she had sex on a white bead day, what will you do? (Answers will vary depending on the community)
    - Offer to do a pregnancy test, or refer
    - Talk about challenges the couple may have with managing the days when she can get pregnant
    - Offer other family planning methods, if appropriate, or refer
    - In some programs you may offer emergency contraception if she sees you within 5 days of unprotected sex, or refer
  3. Should a woman use CycleBeads if she is worried about getting HIV/AIDS or other infections people can get from having sex?

##### Answer

**No.** Like most other family planning methods, CycleBeads do not protect couples from these infections. The family planning methods that do offer protection against both pregnancy and sexually transmitted infections are male and female condoms.

# 7

## Offering CycleBeads: Practice Counseling

### Key Messages



The CycleBeads package insert helps community health workers cover all the main points in an order that is easy to follow and understand.



The package insert also helps new CycleBeads users remember these main points when they go home, since they take it with them as a memory aid.



When providing counseling on CycleBeads, include the following:

- **Welcome** the client, introduce yourself, show and tell what CycleBeads are
- **Ask questions** to find out:
  - If the woman AND her partner can use CycleBeads.
  - If the woman recently had a baby, is breastfeeding, used a hormonal method in the past few months
- **Show and tell:**
  - How do you use CycleBeads?
  - Tracking your period with CycleBeads
  - When can you start using CycleBeads?
  - What if you forget to move the ring?
  - When to contact your healthcare provider
- **Help the couple use CycleBeads successfully** and talk about how they will handle the days when the woman can get pregnant
- **Check for client understanding** throughout the counseling session



When discussing this method, use CycleBeads as a visual aid. Also review the package insert with new CycleBeads users. This way the new users will know how to find and use the information in the future.



To find out how well a woman has learned to use CycleBeads, hand her the beads and ask her to **SHOW and TELL** you how she and her partner will use the beads.

# 7

## Offering CycleBeads: Practice Counseling



### Sample Lesson

### Learning Objectives

Health workers will be able to:

- List the main points to include in a CycleBeads counseling session
- Demonstrate a complete counseling session

**Time** 60 minutes (depending on the size of the group)

### Instructions for Trainers

1. **ASK** health workers what main points they would include when counseling a woman or couple about CycleBeads. Invite them to open the package insert and carefully review all the points, paying attention to the order they are presented.
2. **SHOW and TELL** how to use the package insert as a guide when conducting a counseling session about CycleBeads.
3. **SHOW** or demonstrate how to conduct a complete CycleBeads counseling session. Ask one of the health workers to play the role of a woman interested in CycleBeads while you play the role of a health worker. Use CycleBeads as a visual aid as you model to the entire group how to counsel the woman. Include ALL the main points following the order of the package insert.
4. **DISCUSS** what health workers observed. Answer any questions. Pass out copies of the sample counseling checklist. Ask health workers to review this checklist and the package insert, as a guide for their practice counseling session.
5. **INVITE** health workers to form groups with three people each. One person will play the role of the health worker, one the client, and one the observer. Give each person playing the role of a client a written description of their role (or quietly tell them.)
6. **REMIND** those playing the role of the health worker to use CycleBeads and the package insert as they **PRACTICE** counseling, and to include ALL the main points. Ask the observers to use the counseling checklist and mark whether the health worker covered all the main points. After each role play they switch roles until each person has had a turn to play the counselor, observer, and client.



# 7

## Offering CycleBeads: Practice Counseling

### Sample Lesson

7. As health workers practice counseling, walk around the room to observe these role plays. After all three roles plays have been completed, **DISCUSS** each role play. Share your observations, correct any misinformation, and answer questions.
8. Use the package insert or checklist to **REVIEW** the main points to include in a CycleBeads counseling session.

### Materials for this Lesson

- CycleBeads and package insert (see Appendix 1)
- CycleBeads counseling checklist (see Appendix 2)
- All the large panels of the package insert

**Sample role play 1**

Woman who can use CycleBeads and can start on the first day of her next period

You will play the role of a typical woman in your community. Your name is \_\_\_\_\_ and you CAN use CycleBeads.

- You have periods that come about a month apart.
- You have a partner who would like to use a natural method of family planning.
- You have not recently had a baby and are not breastfeeding.
- You have not used a method of family planning before.
- You plan not to have sex on the days you can get pregnant.

**Sample role play 2**

Woman who can use CycleBeads, and can start on the first day of her next period

You will play the role of a typical woman in your community. Your name is \_\_\_\_\_ and you CAN use CycleBeads.

- You have periods that come about a month apart.
- You have a partner who would like to use CycleBeads.
- You have been breastfeeding, but you have had 6 periods since the baby was born.
- Your last 2 periods were about a month apart.
- You and your partner plan to use condoms during the days you can get pregnant.

Your periods always come when you expect, about a month apart, but you do not remember the exact date of your last period.

**Sample role play #3****Woman with a partner who would not like CycleBeads**

You will play the role of a typical woman in your community. Your name is \_\_\_\_\_ and at first it looks like you can use CycleBeads.

- You have periods that come about a month apart.
- You think your partner would not mind using CycleBeads.
- You have not recently had a baby and are not breastfeeding
- You used an IUD for family planning last year, but had it removed. (This is NOT a hormonal method of family planning.)

When the counselor asks what you and your partner will do on the days you can get pregnant, you plan NOT to talk with him about it. You hope you can just avoid him on those days. The more you think about this you realize he probably would not like CycleBeads. He wants to have sex whenever he feels like it. It would be very hard for you to talk with him about this.



## APPENDICES



## APPENDIX 1 – VERSION 1

# CycleBeads Package Insert



**What are CycleBeads?**  
CycleBeads are a string of beads that help identify the days when a woman can get pregnant.

The ARROW shows the direction to move the ring.

The DARK BROWN bead helps you know if your period has come too soon.

All BROWN beads mark the days when you are not likely to get pregnant.

The RED bead marks the first day of your period.

All WHITE beads mark the days when you can get pregnant.

**Who can use CycleBeads?**

Women who have periods that come about a month apart.

Couples who can use a condom or avoid sex on the days she can get pregnant.

**Some women may need to wait a while before using CycleBeads.**

- Women who recently had a baby or are breastfeeding, may need to wait a while before using CycleBeads.
- Women who recently used another family planning method, may need to wait a while before using CycleBeads.

In these cases her periods may not be back to normal. She should not use the method now.

**How do you use CycleBeads?**

- The day you get your period move the ring to the RED bead.
- Also, mark that day on your calendar.
- Move the ring one bead each day. Move it even on the days when you have your period.
- Avoid sex or use a condom when the ring is on any WHITE bead. You can get pregnant on those days.
- You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.
- When your next period starts again, move the ring to the RED bead. Skip over any beads that are left.

**Tracking your period with CycleBeads**

- To use CycleBeads your period must come anytime between the dark brown bead and the last brown bead.
- If you get your period before you reach the DARK BROWN bead, this means your period has come too soon.
- If your period does not start by the DAY AFTER you reach the last brown bead, this means your period is late.

If your period comes too soon, or comes late more than once a year, contact your provider for a different method.

**When can you start using CycleBeads?**

You can start using CycleBeads on the day you start your period.

**What if you forget to move the ring?**

If you forget to move the ring, follow these instructions:

- Check on your calendar the date your last period started.
- Starting with that day, count the number of days that have passed including today.
- Then, starting with the red bead, count the same number of beads and place the ring on the bead for today.

**When to contact your healthcare provider**

- If you had sex while on a white bead day.
- If you think you might be pregnant.
- If your period has come too soon.
- If your period has come too late.

CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.

CycleBeads are not a toy. Keep them in a safe place, away from children.

U.S. Patent No. 6,747,517 B2. Manufactured by Cycle Technologies, Inc., Washington DC, 20015. Distributed under license.

**What are CycleBeads?**  
CycleBeads are a string of beads that help identify the days when a woman can get pregnant.

The ARROW shows the direction to move the ring.

The DARK BROWN bead helps you know if your period has come too soon.

All BROWN beads mark the days when you are not likely to get pregnant.

The RED bead marks the first day of your period.

All WHITE beads mark the days when you can get pregnant.

**Who can use CycleBeads?**

Women who have periods that come about a month apart.

Couples who can use a condom or avoid sex on the days she can get pregnant.

**Some women may need to wait a while before using CycleBeads.**

- Women who recently had a baby or are breastfeeding, may need to wait a while before using CycleBeads.
- Women who recently used another family planning method, may need to wait a while before using CycleBeads.

In these cases her periods may not be back to normal. She should not use the method now.

**How do you use CycleBeads?**

- The day you get your period move the ring to the RED bead.
- Also, mark that day on your calendar.
- Move the ring one bead each day. Move it even on the days when you have your period.
- Avoid sex or use a condom when the ring is on any WHITE bead. You can get pregnant on those days.
- You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.
- When your next period starts again, move the ring to the RED bead. Skip over any beads that are left.

**Tracking your period with CycleBeads**

- To use CycleBeads your period must come anytime between the dark brown bead and the last brown bead.
- If you get your period before you reach the DARK BROWN bead, this means your period has come too soon.
- If your period does not start by the DAY AFTER you reach the last brown bead, this means your period is late.

If your period comes too soon, or comes late more than once a year, contact your provider for a different method.

**When can you start using CycleBeads?**

You can start using CycleBeads on the day you start your period.

**What if you forget to move the ring?**

If you forget to move the ring, follow these instructions:

- Check on your calendar the date your last period started.
- Starting with that day, count the number of days that have passed including today.
- Then, starting with the red bead, count the same number of beads and place the ring on the bead for today.

**When to contact your healthcare provider**

- If you had sex while on a white bead day.
- If you think you might be pregnant.
- If your period has come too soon.
- If your period has come too late.

CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.

CycleBeads are not a toy. Keep them in a safe place, away from children.

U.S. Patent No. 6,747,517 B2. Manufactured by Cycle Technologies, Inc., Washington DC, 20015. Distributed under license.

## APPENDIX 1 – VERSION 2

# CycleBeads Package Insert



**CycleBeads®**  
NATURAL EFFECTIVE FAMILY PLANNING

### Who can use CycleBeads?

Women who have periods that come about a month apart.

Couples who can use a condom or avoid sex on the days she can get pregnant.

### How do you use CycleBeads?

- The day you get your period move the ring to the RED bead.
- Also, mark that day on your calendar.
- Move the ring one bead each day. Move it even on the days when you have your period.
- Avoid sex or use a condom when the ring is on any WHITE bead. You can get pregnant on those days.
- You can have sex when the ring is on any BROWN bead. You are not likely to get pregnant on those days.
- When your next period starts again, move the ring to the RED bead. Skip over any beads that are left.

### Tracking your period with CycleBeads

- To use CycleBeads your period must come anytime between the dark brown bead and the last brown bead.
- If you get your period before you reach the DARK BROWN bead, this means your period has come too soon.
- If your period does not start by the DAY AFTER you reach the last brown bead, this means your period is late.

If your period comes too soon, or comes late more than once a year CycleBeads will not work for you. Contact your provider for a different method.

### When to contact your healthcare provider

- If you had sex while on a white bead day.
- If you think you might be pregnant.
- If your period has come too soon.
- If your period has come too late.

### What are CycleBeads?

CycleBeads are a string of beads that help identify the days when a woman can get pregnant.

The ARROW shows the direction to move the ring.

The RED bead marks the first day of your period.

The DARK BROWN bead helps you know if your period has come too soon.

All BROWN beads mark the days when you are not likely to get pregnant.

All WHITE beads mark the days when you can get pregnant.

### Some women may need to wait a while before using CycleBeads.

- Women who recently had a baby or are breastfeeding, may need to wait a while before using CycleBeads.
- Women who recently used another family planning method, may need to wait a while before using CycleBeads.

In these cases her periods may not be back to normal. She should not use the method now.

### When can you start using CycleBeads?

You can start using CycleBeads on the day you start your period.

### What if you forget to move the ring?

If you forget to move the ring, follow these instructions:

- Check on your calendar the date your last period started.
- Starting with that day, count the number of days that have passed including today.
- Then, starting with the red bead, count the same number of beads and place the ring on the bead for today.

### When to contact your healthcare provider

- CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.
- CycleBeads are not a toy. Keep them in a safe place, away from children.

U.S. patent No. 6,747,917 B2. Manufactured by Cycle Technologies, Inc., Washington DC, 20015. Distributed under license.

## APPENDIX 1

# Calendars



## 2022

### JANUARY

S	M	T	W	T	F	S
						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	31					

### FEBRUARY

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

### MARCH

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27	28	29	30	31		

### APRIL

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### MAY

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29	30	31				

### JUNE

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### JULY

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31						

### AUGUST

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### SEPTEMBER

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### OCTOBER

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### NOVEMBER

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### DECEMBER

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18	19	20	21	22	23	24
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## APPENDIX 1

# Calendars



## 2023

### JANUARY

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### FEBRUARY

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### MARCH

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### APRIL

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### MAY

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### JUNE

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### JULY

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23	24	25	26	27	28	29
30	31					

### AUGUST

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
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### SEPTEMBER

S	M	T	W	T	F	S
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### OCTOBER

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S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28	29	30		

### DECEMBER

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24	25	26	27	28	29	30
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## APPENDIX 2

# CycleBeads® Counseling Checklist



This checklist includes key knowledge and skills the health worker would cover when counseling clients on CycleBeads®.

Standard Days Method (CycleBeads®)		Mark: 1 if correct 0 if incorrect or missing
<b>1</b>	<b>Explained who can use the method.</b>	
A	Ask client if she has periods about once a month (regular monthly bleedings).	
B	Ask if the woman and her partner are able to use a condom or avoid sex during 12 fertile days.	
<b>2</b>	<b>Explained how CycleBeads work.</b>	
A	CycleBeads represent the menstrual cycle. Each bead is a cycle day.	
B	Red bead is for first day of bleeding, brown for infertile and white for fertile days.	
C	On the day period starts move ring to the RED bead.	
D	Move ring one bead every day, in the direction of the arrow, even on days you are having your period.	
E	Pregnancy is unlikely when the ring is on a BROWN bead.	
F	Use a condom or do not have sex when ring is on any WHITE bead. These are fertile days when you can get pregnant.	
G	When your period returns, move ring to the RED bead to start again.	
<b>3</b>	<b>Explained how to make sure periods come on time.</b>	
A	If your period comes before the DARK brown bead, your period has come too soon to use this method. Talk to your provider.	
B	If your period does not come by the day after you reach the last brown bead, your period has come too late to use this method. Talk to your provider.	
<b>4</b>	<b>Healthy Timing and Spacing of Pregnancies</b>	
A	After having a baby, how long should a woman wait two years before trying to get pregnant again.	
B	A woman can wait 2 years using a family planning method to prevent pregnancy.	

## APPENDIX 3

# More About CycleBeads® and Standard Days Method®



Standard Days Method® (SDM), along with the use of CycleBeads®, was developed and tested by researchers at the Institute for Reproductive Health at Georgetown University. Through clinical trials and ongoing research, SDM has been proven to be an effective method of natural family planning that is easy to teach and learn.<sup>2</sup> The method is offered successfully in a wide variety of settings, and by many different levels of staff. It is included in important publications by the World Health Organization, Ministries of Health, and other well-known institutions.

SDM is based on scientific research regarding the days during a woman's menstrual cycle that she can become pregnant.<sup>3</sup> The menstrual cycle includes all the days from the start of one period until the day before the next period begins. A woman with menstrual cycles between 26 and 32 days long can use this method to prevent pregnancy by using condoms, or by not having sex, on days 8 through 19 of her menstrual cycle.

CycleBeads is a string of color-coded beads that help the woman track her menstrual cycle and know the days she can get pregnant. By moving the CycleBeads ring each day, they can see which days the woman is likely to get pregnant. These are the days when the ring is on any of the white beads. To prevent pregnancy, she and her partner use condoms or do not having sex on the "white bead days."

### Who can use SDM and CycleBeads?

- Women with cycles between 26 to 32 days long
- Couples who can avoid unprotected sex on the days when the CycleBeads ring is on any white bead (days 8 through 19 of the woman's cycle)

SDM has been carefully tested worldwide; when used correctly, it is 95% effective. This means if 100 women use the method correctly for one year, about five become pregnant. In typical use, 12 out of 100 women using SDM became pregnant during the year. SDM is a safe, effective method of family planning with no side effects.

Studies show that health workers, with training and the necessary supervisory support, can offer SDM with CycleBeads to women and couples interested in this method.

<sup>2</sup> Arevalo MI, Jennings, V., and Sinai I. 2002: Efficacy of a new method of family planning: the Standard Days Method. *Contraception*, 65:333-338.

<sup>3</sup> Wilcox add reference

## APPENDIX 4

# How Do You Add CycleBeads® to Your Program?



Before offering CycleBeads®, it is important to think about and address how to best incorporate this method into the overall service delivery system. Training, supervision, availability of CycleBeads, reporting/data collection, and resources are all important when adding CycleBeads to an existing program.

### Training and Supervision

This toolkit provides a lot of information and materials on how to train health workers to offer CycleBeads. However, once health workers are trained, they also need ongoing support and supervision so the method is well integrated into the program. A supervisory tool called a Knowledge Improvement Tool (KIT) was developed by IRH as a checklist of important skills and behaviors needed to offer CycleBeads in a quality way. This KIT, found in Appendix 2, can be used by a supervisor or the health worker to check and make sure they are offering CycleBeads correctly. In addition to training and supervising health workers who offer CycleBeads, it is also important to orient other staff so they know CycleBeads are available and can refer interested clients to the trained health worker. The first lesson in this toolkit can be used to provide a quick orientation to all staff about CycleBeads.

### Availability of CycleBeads

When offering CycleBeads, it is important to consider how CycleBeads procurement and reimbursement will take place. Once health workers are trained, CycleBeads need to be available to offer to women and couples who are interested and able to use them. Before CycleBeads training, program staff should figure out how they will get and be reimbursed for CycleBeads in order to have them available once health workers are trained to offer them. If programs cannot get CycleBeads, clients will not be able to receive them and health workers will soon forget how to offer them. IRH has also developed alternatives to the plastic beads. CycleBeads is available on a paper card or on a mobile application, downloadable for free on Apple and Android devices. For more information, visit [CycleBeads.com](http://CycleBeads.com).

### Reporting

Most programs collect service statistics or have other reporting and data collection responsibilities. When offering SDM/CycleBeads, it is important to determine what information to collect and document about this method that is relevant to the overall program. This may include counting the number of CycleBeads users, or finding out which clients typically select CycleBeads. To do this programs often add relevant CycleBeads information to an existing data collection form or tool for managing information systems (MIS).

### Resources

This tool kit contains many resources for preparing health workers to offer CycleBeads. Resources for outreach, supervision, reporting, procuring CycleBeads and additional resources for program managers, policymakers, and providers are available in Standard Days Method Resource Repository.



You can find the Repository here:

<https://www.irh.org/standard-days-method-resource-repository/>.

## Steps to Offering CycleBeads

- **Provide informed choice.** Include CycleBeads when discussing other family planning methods.
- **Find out if CycleBeads will work for the woman and her partner.** Ask if the woman has periods that come about a month apart. Ask if the woman and her partner can use condoms or not have sex on the 12 days she can get pregnant.
- **Explain CycleBeads.** Use CycleBeads to describe the method, show what the different colored beads mean, and show how to use the beads.
- **Ask the client to do a “return” demonstration.** Hand CycleBeads to the woman and ask her to show and tell how she and her partner plan to use them. Add any missing points and correct misinformation.
- **Support the couple.** Find out how the couple plans to manage the 12 days when the ring is on a white bead. Talk about ways the couple can be successful with the method.
- **Check for understanding and acceptance.** Check for understanding, answer any questions, and find out if the woman and her partner are still interested and able to use the CycleBeads.
- **Give CycleBeads and the package insert.** Remind the woman or couple to return if they have any questions, problems, or want to switch methods.



## APPENDIX 5

# Frequently Asked Questions

**Q:** When should a woman move the ring to the red bead: when she starts spotting or when she gets a full flow?

**A:** She should move the ring to the red bead on the first day she notices any spotting, even though it may not be the full flow.

**Q:** What if a woman forgets whether or not she has moved the ring on her CycleBeads?

**A:** This is why a woman should always mark the first day of her period on her calendar. If she forgets whether or not she moved the ring, she can check her calendar for the date her last period started. From that date, she counts the number of days until today. Then, starting with the red bead, she counts the same number of days and makes sure the ring is on the bead for today.

If the woman forgot to mark the first day of her period on her calendar or cannot use a calendar, she will not be able to check to see if the bead is on the right day. In this case, she should use a condom or not have sex until the first day of her next period.

**Q:** How do couples usually manage the 12 days when a woman can get pregnant?

**A:** This depends on the couple. Some couples prefer not to have sexual intercourse on the days when the ring is on any white bead. Other couples prefer to use condoms or another barrier method on these days. Some couples check their CycleBeads and have sex more often on the days when the ring is on a brown bead. Open communication between both partners is very important. If it is too hard to manage the white beads days, the couple can use a different method of family planning.

**Q:** Can a couple use withdrawal on the days she can get pregnant?

**A:** Some couples choose to use withdrawal (pulling out the penis before he ejaculates or “cums”) during the days the woman can get pregnant. For some couples this works well; for others it does not. Withdrawal lowers the chance of getting pregnant, but not as well as using condoms or not having sex on the days when the ring is on a white bead.

**Q:** What should a woman do if she gets her period before she puts the ring on the dark brown bead?

**A:** This means her period has come too soon. If this happens more than once in a year, CycleBeads will not work for her.



**Q:** What if a woman does not get her period by the day after she puts the ring on the last brown bead?

**A:** This means her period is late. If this happens more than once in a year, CycleBeads will not work for her. If she thinks she may be pregnant, or if 42 days have passed without a period, refer her for a pregnancy test.

**Q:** What if a woman thinks she might be pregnant?

**A:** If the woman thinks she might be pregnant, or if 42 days or more have passed since her last period started, you should refer her for a pregnancy test. If the pregnancy test is negative and this is the first time that her cycle is too long, she may continue to use CycleBeads with caution.

She should return if she has another late period, or if she has a period that comes too soon. If her period does not start by the DAY AFTER she puts the ring on the last brown bead; OR if she gets her period before she puts the ring on the DARK BROWN bead, CycleBeads will no longer work for her.

If a pregnancy test is positive, help the woman find counseling and refer her for prenatal care.

**Q:** What can a woman do if she has had sex on a white bead day, without a condom, during the past 5 days?

**A:** She can use emergency contraceptive pills. These pills lower her chance of getting pregnant if she takes them within 5 days of unprotected sex. She should also think about how she and her partner feel about managing the days she can get pregnant when using CycleBeads. If it is hard for them to use condoms or not have sex on the days she can get pregnant, she should find another type of family planning for the future. Emergency contraceptive pills do not work as well as regular family planning methods used the right way.

**Q:** Can a woman use CycleBeads if she recently had a baby and has not started her period yet?

**A:** No, she needs to wait until she starts her period. Once she has had at least 4 periods AND the last 2 periods are about a month apart, she can start using CycleBeads.

**Q:** Can a woman use CycleBeads if she is breastfeeding?

**A:** That depends. If a woman is breastfeeding and she has not had her period since her baby was born, CycleBeads will not work for her. She needs to wait until she starts having her period again. Then, she needs to wait until she has had at least four periods AND the last two periods are about a month apart before starting CycleBeads.



**Q:** Can a woman use CycleBeads if she recently used another method of family planning?

**A:** That depends. Some family planning methods, like the 3-month injectable, affect a woman's periods. She may need to wait for her periods to return; and she gets them regularly, about a month apart. If the woman has used a hormonal method of family planning, she should talk with a trained family planning provider to find out if and when she can start using CycleBeads.

**Q:** Can a woman use CycleBeads if she recently had a miscarriage or abortion?

**A:** This depends on whether her periods came about a month apart before she became pregnant. The woman should check with a trained family planning provider to find out if and when she can start using CycleBeads.

**Q:** What if the woman reports bleeding between periods?

**A:** If this is just a little spotting, tell the woman it is probably a normal sign that she is on a day she can get pregnant. It is probably not a sign of a health problem. Otherwise, counsel her according to your service delivery guidelines; or refer her to check for unusual vaginal bleeding.

**Q:** How well do CycleBeads work to prevent pregnancy?

**A:** CycleBeads are a tool for using the Standard Days Method of family planning. This method has been carefully tested worldwide; and when used correctly, it is 95% effective. This means if 100 women use the method correctly for one year, about five become pregnant. The studies that measure method effectiveness also look at a "typical use" effectiveness. This includes those who did and did not use the method correctly during the study. In typical use, 12 out of 100 women became pregnant during the year.

**Q:** Should a woman use CycleBeads if she is worried about getting HIV/AIDS or other infections people can get from having sex?

**A:** No. Like most other family planning methods, CycleBeads do not protect couples from these infections. Condoms are the only family planning method that protects against these infections. If a woman thinks she is at risk of HIV/AIDS or other infections people can get from having sex, or if she thinks she may have an infection, she should consult her provider right away.





