

Using evidence to expand choice,
empower women and
involve communities



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NOW AVAILABLE!

The Standard Days Method® (SDM) Toolkit: Your One-Stop Source for Reliable and Relevant Web-Based Information and Resources about the SDM



A comprehensive, evidence-based information resource on the Standard Days Method® (SDM) is now just a click away. The SDM Toolkit provides policy makers, health care providers, and program managers across the globe with state-of-the-art information on this highly-effective fertility awareness-based method (FAM) of family planning that has been proven to expand choice for women and couples.

The SDM is a modern fertility awareness-based method of family planning that is easy to teach, easy to learn and easy to use. Since 2002, Georgetown University's Institute for Reproductive Health (IRH) has worked with partners to integrate the SDM into programs in over 30 countries worldwide. Now the SDM Toolkit ensures that professionals have quick and easy access to comprehensive information on programming and policy considerations relevant to the

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SDM. With the resources available on the SDM Toolkit, professionals are well-equipped with the guidance and tools needed to support SDM integration, advocacy, training and service-delivery.

Please go to www.k4health.org/toolkits/sdm to browse the nine thematic sections of the SDM Toolkit:

- Essential Knowledge
- Policies and Guidelines
- Program Implementation
- Logistics & Procurement
- Training
- Method Provision
- Advocacy
- IEC (Information, Education and Communication)
- Country Experiences

The SDM Toolkit will expand over time to incorporate new information, study results, resources and experiences as they become available.

We welcome your input! There is a built-in [discussion board](#) available for you to post your comments, suggest additional resources, and share ideas about how you plan to use the toolkit in your work so that others can learn from and adapt your experiences.

The SDM Toolkit was developed by the Institute for Reproductive Health with Knowledge 4 Health, a project of The Johns Hopkins Bloomberg School of Public Health.

Sincerely,
Your colleagues at IRH

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