

# NFP TEACHER SELF-EVALUATION

## TEACHING A SDM GROUP SESSION

**OPTION 2**

### Instructions for use

1. After finalizing your group information session, take a few minutes to reflect on your experience. This checklist can help you remember different aspects of the session and whether you covered essential information about the method with your audience.
2. Check "Yes", "Partial," or "No" for each question regarding your experience. In instances where you wrote "Partially" or "No," please write a comment in the "Comments" column regarding how you could have done better.
3. Provide this feedback to the Webinar course organizers in order to obtain your certificate of course completion.

**YES    PARTIALLY    NO    COMMENTS**

### DID I:

• Describe how SDM works (couple tracks fertile days using CycleBeads and abstain on fertile days (white beads)?				
• Describe who can use SDM (women who have regular cycles lasting 26 to 32 days- women who have monthly periods fall within this range)?				
• Explain that women who recently had a baby or are breastfeeding must wait to have regular cycles before using SDM?				
• Explain that couples must be able to communicate well and decide how they will handle the fertile days when they must abstain from intercourse, if they want to prevent a pregnancy?				
• Explain that couples can use SDM as a starting point to plan a pregnancy by timing intercourse during the fertile days marked by the white beads?				
• Demonstrate how to use CycleBeads? (Meaning of colors, how to track cycle days, what to do on fertile days, etc.)?				
• Explain how to monitor cycle length (periods come too early or late)?				
• Use CycleBeads and the package instructions to guide the information provided?				

• Use simple language to provide the explanations?				
• Engage the audience by asking questions or soliciting their comments?				
• Stop from time to time to check that the audience understood?				
• Offer a flier or handout about the method?				
• Offer information on where to obtain CycleBeads?				

Read all the statements below and mark the box that best describes your level of comfort and include comments or reasons for your answer.

<b>I FELT....</b>	<b>YES</b>	<b>NO</b>	<b>COMMENTS</b>
Comfortable describing the SDM to the group			
Prepared to answer questions on the subject			
Comfortable asking questions to confirm if audience understood my explanations			
Prepared to deliver this session			

Identifying your level of comfort will help you determine the areas where you will need to continue working in the future. It will also allow the course organizers to assist with additional resources and information.