What is SDM?

The Standard Days Method® is an effective, natural method of child spacing. A couple can use this method if the woman has menstrual periods 26 to 32 days long. A woman who usually gets her period every month has cycles in this range. CycleBeads are a string of colored beads that represent the woman's menstrual cycle. A woman moves a ring every day along the necklace to know if she is on a day when she can get pregnant (white beads) or not (brown beads).

How does it work?

The Standard Days Method works by helping a woman know which day of her menstrual cycle she is on and whether she is likely to get pregnant that day. On days she can get pregnant (days 8 through 19 of her cycle), the woman and her spouse do not have sex.

How well does it work to prevent pregnancy?

The Standard Days Method works very well preventing pregnancy for women with menstrual cycles that are usually 26 and 32 days long. For every 100 women who use CycleBeads correctly for 1 year, fewer than 5 will get pregnant.

Advantages

- Effective and simple to teach and learn
- Nothing must be taken daily
- Can be used by women who prefer not to use methods that contain hormones such as oral contraceptives or the contraceptive injection or that require a medical procedure such as the IUD
- Allows both the woman and her spouse to be responsible for planning their family

Disadvantages

- Offers no protection against HIV or other STDs
- Requires that the woman remember to move the CycleBeads ring every day to know if she's on fertile day or not
- Requires the husband's cooperation to agree on not having sex on the 12 white bead days
- Is not effective for women with menstrual cycles shorter than 26 or longer than 32 days

Contact your NFP teacher if:

- More than once in a year your period starts before the darker brown bead or does not start the day after reaching the last brown bead
- You/your spouse experience difficulty not having sex on days you can get pregnant
- You would like to stop using this method.