

PASSAGES PROJECT

# CycleBeads® Training Course via IVR

## Course Curriculum



PREPARED BY THE:  
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Passages

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# ACRONYMS



<b>AFR</b>	Action Familiale Rwandaise
<b>CHW</b>	Community Health Worker
<b>FA</b>	Fertility Awareness
<b>FACT</b>	Fertility Awareness for Community Transformation
<b>FAF</b>	Faith Alive Foundation
<b>FAM</b>	Fertility Awareness Methods
<b>FBO</b>	Faith-Based Organization
<b>FP</b>	Family Planning
<b>HDI</b>	Health Development Initiative
<b>HTSP</b>	Healthy Timing & Spacing of Pregnancy
<b>IEC</b>	Information, Education & Communication
<b>IRH</b>	Georgetown University's Institute for Reproductive Health
<b>IVR</b>	Interactive Voice Response
<b>KIT</b>	Knowledge Improvement Tool
<b>MFP</b>	Masculinities, Faith & Peace
<b>NFP</b>	Natural Family Planning
<b>SDM</b>	Standard Days Method
<b>SMS</b>	Short Message Service
<b>SRHR</b>	Sexual Reproductive Health and Rights
<b>TEAM-CIHDA</b>	The ECWA AIDS Ministry Community Integrated Health Development Advancement
<b>TOT</b>	Training of Trainers
<b>UPMB</b>	Uganda Protestant Medical Bureau
<b>USAID</b>	United States Agency for International Development

# INTRODUCTION

This resource is designed a training course in the Standard Days Method® (SDM), delivered through Interactive Voice Response (IVR). It should be used in conjunction with the Institute for Reproductive Health's Implementation Guide, which describes the typical process of implementation. The information included in both guides has been tested with 368 community-based providers in Nigeria and Rwanda. IRH delivered this training in partnership with Viamo, a social enterprise with expertise in developing mobile training content. The implementation guide and curriculum guide prepare programs to offer remote training via mobile phones to health workers.

Once health workers master the key messages described in this guide, 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 healthcare provider or clinic when needed

# CURRICULUM PLAN

This resource is for those who train or supervise community-level providers. The lesson plans are designed for low-literacy providers and provides opportunities to practice offering CycleBeads.

The content of the IVR course is organized into seven lessons, each lasting five to seven minutes in length. The course is designed to last one month, with learners receiving two lessons per week, via phone, on a set schedule. Each lesson is composed of an introduction, a topic narrative, a conclusion, and a multiple-choice quiz. Learners also receive pre-and post-lesson SMS messages, alerting them of upcoming calls and offering a lesson summary.

Learners should have the following materials with them:

- Instructions on how to complete the course
- One set of CycleBeads
- SDM Provider Job Aid

COURSE OUTLINE		
Week	Curriculum Area	Content Focus/Learning Outcomes
Week 1:	<b>00. Introduction</b>	<ul style="list-style-type: none"><li>• Understand the purpose of the mobile curriculum</li><li>• How to navigate the content</li><li>• Review the course outline</li></ul>
	<b>Baseline survey</b>	<ul style="list-style-type: none"><li>• Assess current knowledge level of trainees</li></ul>
	<b>1. Family Planning and CycleBeads</b>	<ul style="list-style-type: none"><li>• What is CycleBeads</li><li>• What do the colors of the beads mean?</li><li>• How CycleBeads are used</li></ul>
Week 2:	<b>2. How CycleBeads work</b>	<ul style="list-style-type: none"><li>• How CycleBeads work</li><li>• How it used daily by the woman</li></ul>
	<b>3. Who can and cannot use CycleBeads</b>	<ul style="list-style-type: none"><li>• Who can use CycleBeads</li><li>• Who cannot use CycleBeads</li><li>• When to start using the method</li></ul>



<b>COURSE OUTLINE</b>		
<b>Week</b>	<b>Curriculum Area</b>	<b>Content Focus/Learning Outcomes</b>
<b>Week 3:</b>	<b>4. Tracking cycle length and using the calendar</b>	<ul style="list-style-type: none"><li>• When the user will go see the provider</li><li>• How the male partner can help use the method correctly to prevent pregnancy</li></ul>
	<b>5. When to return and using method with partner</b>	<ul style="list-style-type: none"><li>• When the user will go see the provider</li><li>• How the male partner can help use the method correctly to prevent pregnancy</li></ul>
<b>Week 4:</b>	<b>6. Simulation of counseling with a client</b>	<ul style="list-style-type: none"><li>• How to screen clients</li><li>• Explaining method use</li><li>• How to support correct use</li></ul>
	<b>7. Highlight key issues and FAQs – big takeaways</b>	<ul style="list-style-type: none"><li>• Screening clients</li><li>• Explaining how CycleBeads work</li><li>• Supporting correct method use</li></ul>
	<b>Endline survey</b>	<ul style="list-style-type: none"><li>• Assesses current knowledge level of trainees after the training</li></ul>



# CURRICULUM

## COURSE SCRIPTS

### Lesson 00: Introduction to the training

Segment (Time)	Content
<b>Introduction (5 seconds)</b>	<p>Hello, this is an important call from ____ . You have been selected to take part in the remote training on Standard Days Methods with CycleBeads. At the end of this training you will be able to support your communities on how to use CycleBeads as one more of several family planning methods.</p> <p>This course will be about CycleBeads as a method to prevent pregnancy.</p>
<b>Lesson outcomes (15 seconds)</b>	<p>At the end of today's lesson, you will be expected to:</p> <ul style="list-style-type: none"><li>• Know the how to use CycleBeads method</li><li>• Know how to navigate the content</li></ul>
<b>Narrative (2 minutes)</b>	<p>You will be receiving two lessons per week in one month through a phone call from this number. Each lesson will be about 5-7 minutes. You are requested to pick up the call and listen to the lesson carefully, and follow the given instructions.</p> <p>This is a recorded call, not a live person speaking. If you miss the call at any time, you can 'flash' the number to receive a callback for free. This call is at no cost to you.</p> <p>At the end of each call, you will answer two questions. Respond to each question by pressing the numbers on your phone. The questions only seek to assess your understanding of the messages.</p> <p>You can put your phone on the loudspeaker when receiving this call.</p> <p>When you have finished listening to this first call, please save the contact number as 'Training' so you will know it is us calling you in the future.</p> <p>To listen again, press 0.</p>
<b>Correct answer</b>	<p>Well done, this is correct. If you miss the call, you can flash the number to listen to the call for free.</p>
<b>Incorrect answer</b>	<p>Sorry that is wrong. The correct answer is True. If you miss the call, you can flash the number to get a callback for free.</p>
<b>Unsure</b>	<p>If you miss the call, you can flash the number to get a callback for free.</p>

Segment (Time)	Content
<b>Quiz B</b> (45 seconds)	<p>What time of day would be most convenient for you, to listen to these upcoming lessons on CycleBeads methods?</p> <p>For morning (8am-12pm), press 1</p> <p>For (12pm-2pm), press 2</p> <p>For late afternoon (2pm-5pm), press 3</p> <p>For evening (5pm-8pm), press 4</p>
<b>Conclusion</b> (1 minute)	<p>The next call will focus on family planning and CycleBeads, on What is the CycleBeads method of family planning? The colors of CycleBeads and how it is used.</p> <p>Tomorrow, we will call you to answer the pre-test survey. The survey only seeks to assess your current knowledge on the curriculum content.</p> <p>Thank you</p>

## Lesson 1: Family Planning & CycleBeads

Segment	Content
<b>Pre-lesson SMS</b> (10 seconds)	<p>Hello, tomorrow you will receive a call from ___ between <b>[Depending on the time chosen for this cohort]</b>. Keep your phone charged and turned on. You can <b>[phone number]</b> anytime you miss a call.</p>
<b>Introduction</b> (15 seconds)	<p>Our topic today will talk about Family Planning. This is a right all individuals (men and women) have to decide how many children they want to have and when they want to have their children.</p>
<b>Lesson outcomes</b> (2 minutes)	<p>By the end of today's, lesson you will understand:</p> <ul style="list-style-type: none"> <li>• What is family planning and how it helps women and children to be healthy</li> <li>• What is CycleBeads method of family planning?</li> <li>• What is the meaning of CycleBeads colors?</li> </ul>



Segment	Content
<p><b>Narrative 1</b> <b>(1 minute)</b></p>	<p>There are many family planning methods that can be used to space or prevent unwanted pregnancies. There are pills, injections, IUD, condoms, implant, tubal ligation, vasectomy and also a method called CycleBeads.</p> <p>Let's begin talking about: What is CycleBeads?</p> <ul style="list-style-type: none"> <li>• CycleBeads is a string of colored beads that represent the woman's menstrual cycle. Each bead is a day in her cycle.</li> <li>• CycleBeads represent all of the days between one period or monthly bleeding and the next bleeding.</li> <li>• CycleBeads help the woman know her fertile days when she can get pregnant during her monthly cycle.</li> <li>• CycleBeads is based on the Standard Days Method. This method works 88% preventing unwanted pregnancy with typical use. That is similar to the pill (9%) and better than condoms (18%) with typical use.</li> </ul> <p><b>Recap:</b> CycleBeads represent the woman's menstrual cycle. Her cycle includes all the days between one period (monthly bleeding) and the next period. The cycle begins on the first day of her bleeding.</p>
<p><b>Narrative 2</b> <b>(2 minutes)</b></p>	<p>What do the colors mean? Take your CycleBeads and let us look at the colors together:</p> <ul style="list-style-type: none"> <li>• There are three different colors</li> <li>• The red bead is for the first day of her period (monthly bleeding).</li> <li>• The white beads are days when the woman can get pregnant if she has sex without the man using a condom.</li> <li>• The brown beads are days when she does not get pregnant. These are safe days to have sex.</li> <li>• To use CycleBeads to prevent pregnancy, the user moves the ring every day to know if she's on a safe or a fertile day. On her fertile days she can use condoms or not have sex to prevent a pregnancy.</li> </ul>
<p><b>Quiz A</b> <b>(45 seconds)</b></p>	<p>Do you agree or disagree with the following statement?</p> <p>Good planning and spacing between pregnancies help families live healthier lives.</p> <p>If you agree, press 1 If you disagree, press 2 If you are not sure, press 3</p>
<p><b>Correct</b></p>	<p>Yes, that's correct, family planning helps women, children and families be healthy.</p>
<p><b>Incorrect</b></p>	<p>Sorry, that is not quite right. The correct answer is option 1, Family planning is important to keep mothers, children and families healthy.</p>

Segment	Content
<b>Unsure</b>	Family planning is important to keep mothers, children and families healthy.
<b>Quiz B (45 seconds)</b>	<p>Do you agree or disagree with the following statement?: Family planning methods like pills, injections, IUD, condoms, CycleBeads, implant, tubal ligation, vasectomy help women and couples space their children.</p> <p>If you agree, press 1            If you disagree, press 2            If you are not sure, press 3</p>
<b>Correct</b>	Yes: Correct, there are many methods that can be used to space children.
<b>Incorrect</b>	Sorry, that's not quite correct, the correct answer is option 1, family planning methods are a very effective way to help women and couples' desires to space their children.
<b>Unsure</b>	Family planning methods are a very effective way to help women and couples' desires to space their children.
<b>Conclusion (30 seconds)</b>	<p>Family Planning is a right that women and men have to decide how many children they want and when to have them. And several methods can help them reach those desires.</p> <p>One of those is a natural method called CycleBeads. The different colors show different days in the woman's cycle. White shows fertile days when you must use condoms or avoid sex to prevent a pregnancy. Brown shows safe days when there's no pregnancy.</p> <p>Before we continue learning about CycleBeads, can you explain to a friend or family member what CycleBeads are and what the colors mean.</p>
<b>Post-lesson SMS</b>	To prevent pregnancy, the user moves the ring every day to know if she's on a fertile day marked by white beads. On fertile days use condoms or do not have sex to prevent a pregnancy.

## Lesson 2: How CycleBeads Work

Segment	Content
<b>Pre-lesson SMS</b>	Hello, tomorrow you will receive a call from ___ between [ <b>Depending on the time chosen for this cohort</b> ]. Keep your phone charged and turned on. You can [ <b>phone number</b> ] anytime you miss a call.
<b>Introduction (15 seconds)</b>	<p>Hello! Remember we talked before about family planning and CycleBeads. Now you are familiar with family planning methods including the CycleBeads. Do you remember the color of the beads? What does the red mean? What is the brown for? What about the white beads, what do they represent?</p> <p>For this session, it is important to have your CycleBeads with you so you can see what you hear.</p> <ul style="list-style-type: none"><li>• Red is for the first day of bleeding (period)</li><li>• Brown is for days when the woman doesn't get pregnant</li><li>• White is for days when she can get pregnant if she has sex without condoms.</li></ul>
<b>Lesson outcomes (15 seconds)</b>	<p>At the end of today's lesson, you will understand:</p> <ul style="list-style-type: none"><li>• How CycleBeads work</li><li>• How it is used daily by the woman</li></ul>

Segment	Content
<p><b>Narrative 1</b></p>	<p><b>Voice 1:</b> Putting it into action. (Here the CHW avatar can come in to walk the learner through their own beads)</p> <p>Let us take one minute to practice together using your beads. Anna got her period on October 4. This is her first day of her monthly (menstrual) cycle. Put the ring on red bead. What else should Anna do? Circle this day on the calendar. Only this day and puts away her calendar.</p> <p><b>ON THE SECOND DAY:</b> Next day, move the ring to the next bead which is brown. Make sure you move it following the arrow.</p> <p><b>ON THE THIRD DAY:</b> Anna is still bleeding with her period but we keep moving the ring.</p> <p>Move the ring again to the next brown bead.</p> <p><b>ON THE FOURTH DAY:</b> Keep moving the ring to the next bead. Anna is bleeding only a little bit today.</p> <p>The ring is on a brown bead. Can Anna get pregnant, no she cannot get pregnant.</p> <p><b>ON THE FIFTH DAY:</b> Keep moving the ring one bead every day. Anna’s bleeding stop. Can she get pregnant today? No this is a brown bead, still a safe day of no pregnancy.</p> <p>Keep moving the ring one bead per day. When she arrives at the white beads, remember that all white beads represent the fertile days in the woman’s cycle. You continue to move the ring one bead every day. When the period comes again, move the ring to the red bead to begin again.</p> <p>Well done! We encourage you to continue to practice the demonstration using the instructions in the packet.</p>
<p><b>Quiz A</b> <b>(45 seconds)</b></p>	<p>What should a CycleBeads user do every time she gets her period?</p> <p>If it is to move the ring to the first white bead, press 1</p> <p>If it is to move the ring to the red bead and mark her calendar, press 2</p> <p>If you are not sure press 3</p>
<p><b>Correct</b></p>	<p>Excellent! That is correct. Instead of moving the ring to the 1st white bead, the woman moves the ring on the red bead when her period starts and marks the date on her calendar.</p>
<p><b>Incorrect</b></p>	<p>Sorry, the correct answer is option 2, every time she gets her period, the woman moves the ring on the red bead representing the 1st day of her menstrual cycle. She starts a new cycle.</p>
<p><b>Unsure</b></p>	<p>Alright. Not a problem. Let me explain again: When the period starts, always move the ring to red bead to start again. The package instructions can help when you are unsure of the information</p>

Segment	Content
<b>Quiz B</b> (45 seconds)	Can a user of the CycleBeads get pregnant on white beads? If Yes, press 1 If No, press 2 If you are not sure press 3
<b>Correct</b>	Yes: Perfect! for a woman with a menstrual cycle between 26 & 32, white beads represented her fertile period
<b>Incorrect</b>	No: Remember all white beads represent the woman's fertile days when she can get pregnant.
<b>Unsure</b>	Remember all white beads represent the woman's fertile days when she can get pregnant.
<b>Conclusion</b> (15 seconds)	Before our next lesson, practice the demonstration. Show to someone you know how CycleBeads is used. If there is a neighboring CHW, you can join him or her and practice together. Until we meet again goodbye and thank you for listening.
<b>Post-lesson SMS</b>	Move ring every day to know if on fertile (pregnancy) day of a white bead or a safe day of a brown bead. When period starts move ring to red bead to begin again.

### Lesson 3: Who Can Use & Who Cannot Use CycleBeads

Segment	Content
<b>Pre-lesson SMS</b>	Hello, tomorrow you will receive a call from ___ between [ <b>Depending on the time chosen for this cohort</b> ]. Keep your phone charged and turned on. You can [ <b>phone number</b> ] anytime you miss a call.
<b>Introduction</b> (15 seconds)	Today, we will continue the lesson on CycleBeads. Pull from your CycleBeads packet the instructions. Look for the part of "Who can use CycleBeads."
<b>Lesson outcomes</b> (15 seconds)	At today's lesson, you will learn: <ul style="list-style-type: none"> <li>• Who can use CycleBeads?</li> <li>• Who cannot use CycleBeads?</li> <li>• When to start to use the method?</li> </ul>

Segment	Content
<b>Narrative 1 (1 minute)</b>	<p>Who can use CycleBeads to prevent pregnancy? Many women can use CycleBeads, but not all. There are two conditions for this method to work:</p> <ul style="list-style-type: none"> <li>• The first is that women have their periods every month regularly.</li> <li>• Second, woman and partner (spouse) should use condoms or not have sex on the 12 white bead days to prevent pregnancy.</li> </ul> <p>To find out if a woman can use CycleBeads ask her these 2 questions:</p> <ul style="list-style-type: none"> <li>• Do your periods come every month, regularly?</li> <li>• Can you and your partner use condoms or not have sex on the 12 days in a row?</li> </ul> <p>If she answers YES to both questions, she can use CycleBeads. If the answer is NO to any of the questions, she should look for another method that is appropriate for her.</p>
<b>Narrative 2 (30 seconds)</b>	<p>Now let's look on who cannot use CycleBeads to prevent pregnancy? If the woman's periods don't come monthly regularly CycleBeads will not work for her. Women who recently used the pill or other hormonal method must wait and consult with a nurse at the health center. Because their cycles need to be regular before starting the method.</p>
<b>Narrative 3 (15 seconds)</b>	<p>When to start using CycleBeads? A woman who gets her periods about a month apart can use CycleBeads. She will start using the method on the 1st day of her next period.</p>
<b>Quiz A (45 seconds)</b>	<p>Who can use the CycleBeads?</p> <p>If it is for all women, press 1</p> <p>If it is for only women with regular menstrual cycle, press 2</p> <p>If it is for women with irregular menstrual cycle, press 3</p> <p>If you are not sure, press 4</p>
<b>Correct</b>	<p>Excellent, that is correct. The CycleBeads is not suitable to all women. Only women with regular menstrual cycle can use the CycleBeads</p>
<b>Incorrect</b>	<p>Sorry, that is not right. Only women with regular menstrual cycle can use the CycleBeads</p>
<b>Unsure</b>	<p>Alright. The CycleBeads are not suitable for all women. Only women with regular menstrual cycle can use the CycleBeads</p>
<b>Quiz B (45 seconds)</b>	<p>When should a woman start using CycleBeads?</p> <p>If it on her 1st day of her period, press 1</p> <p>If it is on the last day her period, press 2</p> <p>If you are unsure, press 3</p>

Segment	Content
<b>Correct</b>	That's correct, A woman who gets her periods about a month apart can use CycleBeads. She will start using the method on the 1st day of her next period.
<b>Incorrect</b>	Sorry that's not correct, the correct answer is option 1, A woman who gets her periods about a month apart can use CycleBeads. She will start using the method on the 1st day of her next period.
<b>Unsure</b>	A woman who gets her periods about a month apart can use CycleBeads. She will start using the method on the 1st day of her next period.
<b>Conclusion (15 seconds)</b>	<p>Today, you have learned who can use CycleBeads. They can be used by women who meet who have periods each month and who can use condoms with her partner to avoid pregnancy. All women start to use the method the 1st day of her next period.</p> <p>Well done!! That is the end of the 3rd lesson.</p> <p>Before our next lesson, practice what you learned by explaining to someone the following:</p> <ul style="list-style-type: none"> <li>• Who can use CycleBeads</li> <li>• Who cannot use it</li> <li>• When to start using it</li> </ul>
<b>Post-lesson SMS</b>	CycleBeads can only be used by women who get their periods each month regularly. Women who recently had a baby or are breastfeeding should not use CycleBeads.

## Lesson 4: Tracking Cycle Length & Using the Calendar

Segment and Time	Content
<b>Pre-lesson SMS</b>	Hello, tomorrow you will receive a call from ___ between [ <b>Depending on the time chosen for this cohort</b> ]. Keep your phone charged and turned on. You can [ <b>phone number</b> ] anytime you miss a call.
<b>Introduction (5 seconds)</b>	Today you will learn how women check if their monthly cycle is right to continue using CycleBeads to prevent pregnancy.
<b>Lesson outcomes (15 seconds)</b>	<p>At the end of today's lesson, you will:</p> <ul style="list-style-type: none"> <li>• Learn to explain to a woman how to make sure that her cycle is in the right duration to use the CycleBeads.</li> <li>• You will also learn what to do when if she forgets to move the ring.</li> </ul>

Segment and Time	Content
<p><b>Narrative</b> <b>(2 minutes)</b></p>	<p>When should the period come?</p> <p>For CycleBeads to work preventing pregnancy, the period must always come between the darker brown bead and the last bead. Hold CycleBeads in your hands and look for the darker brown bead and the last one.</p> <p>Tell the woman that if she gets her period before putting the ring on the DARK BROWN bead, this means her period has come too soon to use this method.</p> <p>Also tell her that if her period does not start by the DAY AFTER putting the ring on the last brown bead, this means her period is late to use this method.</p> <p>If her period comes too soon, or comes late more than once in a year, CycleBeads will not work. She should contact her healthcare provider to get a different method.</p> <p>What should a woman do if she forgets to move the ring?</p> <p>If a woman forgets to move the ring, or needs to check if the ring is on the right bead, tell her:</p> <ul style="list-style-type: none"> <li>• Check your calendar for the date your period started</li> <li>• Starting with that date, put the ring on the red bead and then move it from bead to bead as you say the dates</li> <li>• When you get to today's date, put the ring on that bead.</li> </ul> <p>If a woman did not mark the calendar, tell her to stop moving the ring and use a condom or avoid sex until her next period starts. She can start CycleBeads again on the day she starts her period.</p>
<p><b>Quiz A</b> <b>(45 seconds)</b></p>	<p>Now I will ask you some questions about what we just learned. What should a woman do if she forgets to move the ring?</p> <ul style="list-style-type: none"> <li>• If you think she should stop using CycleBeads and visit with her health provider, press 1</li> <li>• If you think she should check on her calendar when her period started and count on her CycleBeads how many days have passed, press 2</li> <li>• If you are unsure, press 3</li> </ul>
<p><b>Correct</b></p>	<p>Correct! If a woman forgets to move her ring, she should check on her calendar when her period started and count on her CycleBeads how many days have passed</p>
<p><b>Incorrect</b></p>	<p>Sorry, that's not quite correct. The answer is 2. If a woman forgets to move her ring she should check on her calendar when her period started and count on her CycleBeads how many days have passed</p>



Segment and Time	Content
<b>Unsure</b>	That's alright, if a woman forgets to move her ring she should check on her calendar when her period started and count on her CycleBeads how many days have passed
<b>Quiz B (45 seconds)</b>	<p>If a woman did not mark the calendar when her period started what should she do?</p> <p>If you can tell her to use a condom, press 1</p> <p>If you can tell her to engage in unprotected sex, press 2</p> <p>If you are unsure, press 3.</p>
<b>Correct</b>	That's correct! 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.
<b>Incorrect</b>	The correct answer is option 1. 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.
<b>Unsure</b>	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.
<b>Conclusion (15 seconds)</b>	<p>Today we learned two things:</p> <ul style="list-style-type: none"> <li>• How to know if the CycleBeads user is having her period on time to use this method. We learned the period must come on the darker brown bead or days following until the last bead.</li> <li>• Second, we learned marking the first day of the period on the calendar helps the user if she forgets to move the ring.</li> </ul> <p>To help you practice talk to your peers about how women can know if their periods are coming on time using CycleBeads.</p>
<b>Post-lesson SMS</b>	If a woman forgets to move her ring she should check on her calendar when her period started and count on her CycleBeads how many days have passed.

## Lesson 5: When to Return & Using the Method with Partner

Segment	Content
<b>Pre-lesson SMS</b>	Hello, tomorrow you will receive a call from ___ between [ <b>Depending on the time chosen for this cohort</b> ]. Keep your phone charged and turned on. You can [ <b>phone number</b> ] anytime you miss a call
<b>Introduction (15 seconds)</b>	<p>A big hello everywhere you are in your community. We're here today for a new lesson on CycleBeads.</p> <p>Remember to always use the pamphlet of instructions to remind yourself of things that are unclear for you. Also, we encourage you to continue to talk about CycleBeads with friends, family, neighbors and groups in the community; this will help you to practice and get better at explaining it..</p>
<b>Lesson outcomes (15 seconds)</b>	<p>At the end of today's lesson, you understand two things:</p> <ul style="list-style-type: none"> <li>• When the user will go to see the health provider or the CHW.</li> <li>• How the male partner (or the couple) can help the user use the method correctly to prevent pregnancy.</li> </ul>
<b>Narrative 1 (45 seconds)</b>	<p>When to return to see the provider or CHW:</p> <p>Basically, there are no set rules for a follow-up visit for a CycleBeads user. However, she should return to the health worker or clinic for some reasons. Tell the women to return to see her provider or CHW:</p> <ul style="list-style-type: none"> <li>• If she has sex without condoms on a white bead day</li> <li>• If she thinks she might be pregnant</li> <li>• If CycleBeads may no longer work for the woman or her partner because her period has come too soon or too late</li> <li>• The couple has difficulty handling the white bead days</li> <li>• If she wants to change methods</li> </ul> <p>If she has any questions or concerns</p>

Segment	Content
<p><b>Narrative 2</b> <b>(1 minute, 30 seconds)</b></p>	<p>Using CycleBeads with partner:</p> <p>CycleBeads only works when the woman and her partner use protection on fertile white bead days if they have sex or if they agree to not have sex on those days. Therefore, the man’s support is important to prevent pregnancy. The woman and her need to discuss how they will manage the women fertile days.</p> <p>Talk to the client about challenges the couple may have with managing the days when she can get pregnant. Also remind her to keep condoms and give her condoms to take home with CycleBeads. Encourage women and couples to talk about how they will manage the days the woman can get pregnant. Here are some tips:</p> <ul style="list-style-type: none"> <li>• Discuss and agree to use it knowing clearly how to use it</li> <li>• Share responsibility for knowing when the fertile period is</li> <li>• Agree in advance how to avoid pregnancy if they are going to have sex on a fertile white-bead day. Have condoms handy.</li> </ul> <p>Tell the women that CycleBeads doesn’t protect against HIV/AIDS and other infections people can get from having sex. Male and female condoms can reduce the risk of these infections. Make sure that the woman knows where to look for information in her pamphlet of instructions and ask her to explain to you how she’s going to use the method.</p>
<p><b>Quiz A</b> <b>(45 seconds)</b></p>	<p>If the woman’s husband is not interested in using condoms, or avoiding sex on the “white bead” days, can she still use CycleBeads?</p> <p>If yes, press 1</p> <p>If No, press 2.</p> <p>If you are not sure, press 3</p>
<p><b>Correct</b></p>	<p>Well done. This is correct because 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.</p>
<p><b>Incorrect</b></p>	<p>Sorry that’s not quite correct, the right answer is option 2, 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.</p>
<p><b>Unsure</b></p>	<p>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.</p>

Segment	Content
<b>Quiz B (45 seconds)</b>	<p>A man can show his support in CycleBeads use by talking with the woman about how they will prevent pregnancy during the 12 fertile days.</p> <p>If yes, press 1</p> <p>If no, press 2</p> <p>If unsure, press 3</p>
<b>Correct</b>	Yes, a man can show his support in CycleBeads use by talking with the woman about how they will prevent pregnancy during the 12 fertile days.
<b>Incorrect</b>	sorry that's not quite correct, the right answer is option 1, A man can show his support in CycleBeads use by talking with the woman about how they will prevent pregnancy during the 12 fertile days.
<b>Unsure</b>	That's ok. A man can show his support in CycleBeads use by talking with the woman about how they will prevent pregnancy during the 12 fertile days.
<b>Conclusion (30 seconds)</b>	<p>You have learned how to support the couples in using CycleBeads. It is critical that the partner support the use. Encourage women and couples to talk about how they will manage the days the woman can get pregnant. Also, it is important to tell the user when she should return to the health worker or clinic.</p> <p>Well done! I encourage you to use the instructions. Take your pamphlet now and look at a section entitled "When to return to see the providers."</p> <p>As CHWS, before the next lesson:</p> <ul style="list-style-type: none"> <li>• Read the section on when to return to see the provider</li> <li>• Take each situation and respond, why? Ex. Why does she need to come if they had an unprotected session?</li> <li>• As CHW, what will you do for her in each situation?</li> </ul> <p>Well Done!</p>
<b>Post-lesson SMS</b>	A woman should return to her provider if she has sex without condoms on a white bead day, or if her period has come before darker bead, or if her period is late.

## Lesson 6: Counseling with a Client

Segment	Content
<b>Pre-lesson SMS</b>	Hello, tomorrow you will receive a call from ___ between [ <b>Depending on the time chosen for this cohort</b> ]. Keep your phone charged and turned on. You can [ <b>phone number</b> ] anytime you miss a call
<b>Introduction (15 seconds)</b>	In the previous lessons, you learned about CycleBeads, a family planning method. In this lesson, we will put together all the pieces that you have learned. You will listen to how a CHW offers counseling in CycleBeads to a woman.
<b>Lesson outcomes (15 seconds)</b>	By the end of today's lesson, you will hear how a CHW does the three steps of counselling are: <ul style="list-style-type: none"><li>• How to know if the woman</li><li>• Explaining how it is used</li><li>• How to support its correct use</li></ul> CHW is using the job aid and the CycleBeads to do the counseling. You are invited to have those handy.

Segment	Content
<p><b>Narrative 1</b> (1 minute, 30 seconds)</p>	<p>Let us listen to the conversation between the CHW and Rose, who comes to ask for family planning.</p> <ul style="list-style-type: none"> <li>• <b>CHW:</b> Okay Rose, since you are interested in CycleBeads, I need to ask you a few questions to see if this method might work for you?</li> <li>• <b>Rose:</b> Sure</li> <li>• <b>CHW:</b> First let me ask about your menstrual cycle. About how often your periods come?</li> <li>• <b>Rose:</b> I don't know exactly it seems pretty regular though</li> <li>• <b>CHW:</b> Would you say maybe a month apart?</li> <li>• <b>Rose:</b> Yes, I get my period every month, I am never late.</li> <li>• <b>CHW:</b> Have you had a baby recently or are you breastfeeding a baby?</li> <li>• <b>Rose:</b> I had my second baby over a year ago and I stopped breastfeeding when she was 10 months old.</li> <li>• <b>CHW:</b> And what about other methods, have you used another contraceptive recently?</li> <li>• <b>Rose:</b> I used the pill after my first child but haven't used anything since my second child was born. We only use condoms and sleep apart most of the time to avoid having sexual relations.</li> <li>• <b>CHW:</b> So, it seems that you have regular cycles. That means that you get your periods every month on time. And since you are not using another method CycleBeads could work for you.</li> </ul> <p>I have a final question. To prevent pregnancy with this method, you need to use condoms or not have sex during these 12 white beads. Do you think your husband will agree to use this method? I mean do you think the two of you could you use condoms or avoid sex during the days when you can get pregnant?</p> <ul style="list-style-type: none"> <li>• <b>Rose:</b> You know, we could do that but I just want to make sure we could use a condom if we did have sex on those days. Right?</li> <li>• <b>CHW:</b> Oh! Definitely you can use a condom or abstain from sex. Do you think you and your spouse would be okay with that?</li> <li>• <b>Rose:</b> I'll talk to him about it when I get home but he knows that I want something natural and he really understands that so I'm pretty sure it won't be a problem.</li> <li>• <b>CHW:</b> That's great. So, since your periods come regularly on time every month, it seems CycleBeads may work for you. Now I will explain how to use it.</li> </ul>

Segment	Content
<p><b>Narrative 2</b> <b>(1 minute, 30 seconds)</b></p>	<p>Explaining how to use CycleBeads: Following the CHW demonstrates to the client how to use CycleBeads.</p> <ul style="list-style-type: none"> <li>• <b>CHW:</b> So, let's go over how to use the CycleBeads. These beads represent the menstrual cycle. Each bead is for one day. The red bead is for the first day of your period (monthly bleeding). This black ring must be moved daily so you know if you're on fertile days of pregnancy risk, those are the white days. Or if you're on a safe day when you don't get pregnant, those are the brown beads. Do you think you will remember to move the ring every day?</li> <li>• <b>Rose:</b> Yes, I can move it in the morning when I set the water for tea, that will help me remember.</li> <li>• <b>CHW:</b> On the first day of your period, move the ring on the red bead. This means the first day of your menstrual cycle. Next day you move the ring to the next bead in the direction of the arrow. You also want to mark it on your calendar.</li> <li>• <b>Rose:</b> Do I wait until I'm done with my periods to move the ring to the brown bead?</li> <li>• <b>CHW:</b> No. You will need to keep moving the ring every day even if you're still having your period.</li> <li>• <b>Rose:</b> Okay I get it</li> <li>• <b>CHW:</b> Pregnancy is very unlikely on the brown beads. Do you remember what the white beads are mean?</li> <li>• <b>Rose:</b> when I can get pregnant</li> <li>• <b>CHW:</b> Yes, that is correct. Brown beads are safe days and white beads are days you can get pregnant. There are a few more things that you need to know. You need to be sure that your period always starts when the ring is somewhere between or on this dark brown bead and the red bead. If you begin your period before you put the ring on this dark brown bead it means your cycle may be too short to use CycleBeads. Also, if you don't start your period by the day after you put the ring on the last brown bead, it means your cycle may be too long. If either this happens more than once a year you should get in touch with us. We will help you with a method that will work better for you. In the package there is information I have explained, let me show you. There's also this calendar to write down the first day of your month. Only that day you will mark.</li> <li>• <b>Rose:</b> Okay</li> <li>• <b>CHW:</b> Do you have any questions?</li> <li>• <b>Rose:</b> No it seems simple</li> <li>• <b>CHW:</b> I will give you the beads package but you must wait until you start your next period to begin using it. Until then, you must use a condom or not have sex so you can prevent pregnancy.</li> <li>• <b>Rose:</b> Yes, that is clear, start on the first day of my next period, when I see the blood. And no sexual relations until then, unless we use a condom.</li> </ul>

Segment	Content
<p><b>Narrative 3</b> (1 minute, 30 seconds)</p>	<ul style="list-style-type: none"> <li>• <b>CHW:</b> Before we finish I just want you to tell me how this method works and how you're going to use it.</li> <li>• <b>Rose:</b> It starts when my period comes. On the first day of my period I put this black ring on the red bead and then mark that day on my calendar. The next day and every day I will move the ring to a new bead. White beads are unsafe and brown beads are safe. I need to talk to my husband about how to avoid pregnancy on white bead days.</li> <li>• <b>CHW:</b> Very good, I think you have it clear. Now tell me, how will you know that your period is on time for this method to work for you?</li> <li>• <b>Rose:</b> Also, I need to be sure that my period comes when I have already put the ring on this dark brown bead. And I will talk with him and maybe you can also explain to him? Yes, I know we need protection on those days.</li> <li>• <b>CHW:</b> That's right. You need to talk to him when you arrive home. He can also come see me and I will explain how this works.</li> <li>• <b>CHW:</b> Another important thing is that if you two cannot avoid sex or use protection, come see me again to choose another method that works for you. And my last point is that you should come see me if you ever get your period before putting the ring on the dark brown bead, or if it is late not coming after the final brown bead. This means CycleBeads is not working for you and you can get pregnant.</li> </ul> <p><i>Rose meets the two requirements for using CycleBeads: Regular menstrual cycle and partner support. She also agrees to concentrate, checking that her periods come between the dark brown bead and the last one. If Rose has recently had a baby, is breastfeeding or used a hormonal method in the last three months, refer her to the health center.</i></p>
<p><b>Quiz A</b> (45 seconds)</p>	<p>Based on the conversation between Solange and the CHW, please listen and answer this question:</p> <p>Do you agree or disagree with this following statement?: The CycleBeads method works for women who have a regular menstrual cycle?</p> <p style="padding-left: 40px;">If you agree, press 1</p> <p style="padding-left: 40px;">If you disagree, press 2</p> <p style="padding-left: 40px;">If unsure, press 3</p>
<p><b>Correct</b></p>	<p>Yes, that's correct CycleBeads works for women who regularly get their periods monthly.</p>
<p><b>Incorrect</b></p>	<p>That's not quite correct, CycleBeads work for women who have a regular cycle. Make sure on the first day of my period I put this black ring on the red bead and then mark that day on my calendar. The next day and every day I will move the ring to a new bead. White beads are unsafe and brown beads are safe</p>



Segment	Content
<b>Unsure</b>	Let me explain, CycleBeads work for women who have a regular cycle, make sure on the first day of my period I put this black ring on the red bead and then mark that day on my calendar. The next day and every day I will move the ring to a new bead. White beads are unsafe and brown beads are safe
<b>Quiz B (45 seconds)</b>	If you get your period before putting the ring on the dark brown bead, this means CycleBeads will not work for you and you can get pregnant? If yes, press 1 If no, press 2 If unsure, press 3
<b>Correct</b>	Yes, that's correct if you ever get your period before putting the ring on the dark brown bead, or if it is late not coming after the final brown bead. This means CycleBeads is not working for you and you can get pregnant
<b>Incorrect</b>	Sorry that is not correct. CycleBeads won't work preventing pregnancy If you ever get your period before putting the ring on the dark brown bead, or if it is late not coming after the final brown bead.]
<b>Unsure</b>	The correct option is yes. if you ever get your period before putting the ring on the dark brown bead, or if it is late not coming after the final brown bead. This means CycleBeads is not working for you and you can get pregnant.
<b>Conclusion (15 seconds)</b>	Let me remind you that CycleBeads beads represent the menstrual cycle. Each bead is for one day. The red bead is for the first day of your period (monthly bleeding). This black ring must be moved daily so you know if you're on fertile days of pregnancy risk, those are the white days. The brown beads are for safes day when you don't get pregnant.
<b>Post-lesson SMS</b>	The red bead is for the first day of your period (monthly bleeding). This black ring must be moved daily so you know if you're on fertile days of pregnancy risk, those are the white days.

## Lesson 7: Highlight Key Issues & FAQs – Big Takeaways

Segment	Content
<b>Pre-lesson SMS</b>	Hello, tomorrow you will receive a call from ___ between <b>[Depending on the time chosen for this cohort]</b> . Keep your phone charged and turned on. You can <b>[phone number]</b> anytime you miss a call.
<b>Introduction (10 seconds)</b>	You have just learned the key elements of the CycleBeads. It is very important that each CHW understands how to offer the CycleBeads. This is why today's lesson will be devoted to key steps of counseling.
<b>Lesson outcomes (15 seconds)</b>	<p>In this lesson you will hear about key points to keep in mind when you are offering CycleBeads”</p> <ul style="list-style-type: none"> <li>• First know if a woman can use the method</li> <li>• Then explain how CycleBeads work</li> <li>• Finally help her use it correctly</li> </ul> <p>Always use the CycleBeads instruction in the packet when explaining the method to a woman. All important information is there.</p>
<b>Narrative (2 minutes)</b>	<p>First, how do we know if the woman can use the method? If you ALWAYS ask these questions you will know if CycleBeads can work for this client.</p> <ul style="list-style-type: none"> <li>• Do your periods come about once a month when you expect them?</li> <li>• Can you and your spouse use condoms or not have sex during your fertile days when you can get pregnant?</li> </ul> <p>If you are not sure if the client gets her periods regularly to use CycleBeads, refer her to the health center. Also, if the client has recently had a baby or is used a hormonal method always refer her to the health center.</p> <p>Next is to teach the client how to use CycleBeads:</p> <ul style="list-style-type: none"> <li>• The first most important point to explain the woman is the meaning of the bead colors. Red for the first day of period (or monthly bleeding), brown for safe days and white for days pregnancy risk.</li> <li>• The second important point is to explain she must move the ring every day to know if she is on a safe day or risk of pregnancy day.</li> <li>• If she forgets to move the ring one day she can check her calendar the day she started her period and move the ring to today's bead.</li> </ul> <p>Helping the woman use the method correctly means that she can talk to her spouse about how to avoid a pregnancy on the white bead days. Couples should discuss if they are going to use condoms or not have sex on those days. A woman should return to the health worker or health center if she has sex without protection on a white bead day. She also should return if she gets her period before putting the ring on the darker brown bead. Or if she doesn't get (misses) her period.</p> <p>Other things to remind a woman who wants to use CycleBeads are:</p> <ul style="list-style-type: none"> <li>• Mark the first day of the period on the calendar and put it away.</li> <li>• Always start using the method when the day period comes.</li> <li>• Read the information or look at the images in the package instructions.</li> </ul>

Segment	Content
<p><b>Narrative</b> <b>(2 minutes)</b></p>	<p>First, how do we know if the woman can use the method? If you ALWAYS ask these questions you will know if CycleBeads can work for this client.</p> <ul style="list-style-type: none"> <li>• Do your periods come about once a month when you expect them?</li> <li>• Can you and your spouse use condoms or not have sex during your fertile days when you can get pregnant?</li> </ul> <p>If you are not sure if the client gets her periods regularly to use CycleBeads, refer her to the health center. Also, if the client has recently had a baby or is used a hormonal method always refer her to the health center.</p> <p>Next is to teach the client how to use CycleBeads:</p> <ul style="list-style-type: none"> <li>• The first most important point to explain the woman is the meaning of the bead colors. Red for the first day of period (or monthly bleeding), brown for safe days and white for days pregnancy risk.</li> <li>• The second important point is to explain she must move the ring every day to know if she is on a safe day or risk of pregnancy day.</li> <li>• If she forgets to move the ring one day she can check her calendar the day she started her period and move the ring to today's bead.</li> </ul> <p>Helping the woman use the method correctly means that she can talk to her spouse about how to avoid a pregnancy on the white bead days. Couples should discuss if they are going to use condoms or not have sex on those days. A woman should return to the health worker or health center if she has sex without protection on a white bead day. She also should return if she gets her period before putting the ring on the darker brown bead. Or if she doesn't get (misses) her period.</p> <p>Other things to remind a woman who wants to use CycleBeads are:</p> <ul style="list-style-type: none"> <li>• Mark the first day of the period on the calendar and put it away.</li> <li>• Always start using the method when the day period comes.</li> <li>• Read the information or look at the images in the package instructions.</li> </ul>
<p><b>Quiz A</b> <b>(45 seconds)</b></p>	<p>Please tell us if you agree or disagree with this statement: A woman should return to the health worker or health center if she has sex without protection on a white bead day.</p> <p>If you agree, press 1 If you disagree, press 2 If you are unsure, press 3</p>
<p><b>Correct</b></p>	<p>Yes, that's true, A woman should return to the health worker or health center if she has sex without protection on a white bead day.</p>
<p><b>Incorrect</b></p>	<p>Sorry the correct answer is that a woman should return to the health worker or health center if she has sex without protection on a white bead day.</p>

Segment	Content
<b>Unsure</b>	Let me help you, A woman should return to the health worker or health center if she has sex without protection on a white bead day.
<b>Quiz B (45 seconds)</b>	<p>What should you do if a woman tells you that she forgets to move the ring one day?</p> <p>If you can advise her to go ahead and have unprotected sex, press 1</p> <p>If you can advise her to check her calendar the day she started her period and move the ring to today's bead, press 2</p> <p>If you are unsure, press 3</p>
<b>Correct</b>	If she forgets to move the ring one day she can check her calendar the day she started her period and move the ring to today's bead.
<b>Incorrect</b>	If she forgets to move the ring one day she can check her calendar the day she started her period and move the ring to today's bead.
<b>Unsure</b>	If she forgets to move the ring one day she can check her calendar the day she started her period and move the ring to today's bead.
<b>Conclusion (10 seconds)</b>	There are many methods for preventing pregnancy. Pills, condoms, injections, IUD and also CycleBeads. We have learned how to offer CycleBeads to women and couples in your community.
<b>Post-lesson SMS</b>	If a woman forgets to move the ring one day she can check her calendar the day she started her period and move the ring to today's bead.