• A woman has a number of fertile days during her menstrual cycle.

• The fertile time is based on
  – timing of ovulation
  – lifespan of sperm

[Source: Wilcox et al. 1998]
<table>
<thead>
<tr>
<th>Calculation Approach</th>
<th>Symptoms Approach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woman knows beforehand when her fertile days will be (based on data, individual or population-based)</td>
<td>Woman identifies fertile days in “real time”, based on one or more symptoms (indicators of fertility)</td>
</tr>
<tr>
<td>She keeps track of days to know when she is on those fertile days</td>
<td>What do I feel or observe today?</td>
</tr>
</tbody>
</table>

What day am I on today?
STANDARD DAYS METHOD

FAILURE RATE

Perfect: 95%
Typical: 88%
STANDARD DAYS METHOD

- Appropriate for women with most **cycles** 26-32 days long
- Identifies **days 8-19** as fertile

- **Ovulation**
  - 5 days (sperm life)
  - 12 to 24 hours (ovum life)
1. On the day you start your period, move the ring to the **RED** bead.

2. Every morning move the ring to the next bead.

3. On **BROWN** bead days you can have intercourse with very low chance of a pregnancy.

4. On **WHITE** bead days you can get pregnant. Avoid unprotected intercourse to prevent a pregnancy.

If you have not started your period by the day you put the ring on the last brown bead, your cycle is longer than 32 days. Contact Provider.

If you start your period before you put the ring on the darker brown bead, your cycle is shorter than 26 days. Contact Provider.

When you start your next period, move the ring directly to the red bead and start again.
Did I note any secretions today?

YES

I can get pregnant today.

NO

Did I note any secretions yesterday?

YES

I can get pregnant today.

NO

Pregnancy is not likely today.

How does TwoDay Method work?

- It uses cervical secretions as an indicator of fertility.
- The woman checks daily for the presence or absence of secretions (of any type).
- If she notes secretions **TODAY** or **YESTERDAY**, she is considered to be fertile **TODAY**. To prevent pregnancy, abstain **TODAY**.
Recording Secretions
Lactational Amenorrhea Method

- LAM is a family planning method based on the physiological infertility experienced by breastfeeding women
- A “gateway” to help women transition to another modern method

FAILURE RATE
Perfect: 99.5%
Typical: 98%
LAM Mechanism of Action

Nerve impulses in the brain affect hormones.

Nipple stimulation.

Suppression of ovulation.
1. Period has not returned
2. Breastfeeding only
3. Baby is less than six months old

Transition
COMMON MISCONCEPTIONS ABOUT FAM

SDM is just the rhythm method.

Do you want people to stop using other methods?

FAM doesn’t really work—why would we offer it?

There’s no demand for methods like these.

LAM is the same as breastfeeding.
FAM IS MODERN AND EFFECTIVE
Fertility Awareness Methods: Distinctive Modern Contraceptives

Shawn Malarcher, Jeff Spieler, Madeleine Short Fabic, Sandra Jordan, Ellen H Starbird, Clifton Kenon

Fertility awareness methods—the Lactational Amenorrhea Method, the Standard Days Method, and the Two Day Method—are safe and effective, and they have important additional benefits that appeal to women and men. Including these modern contraceptives in the method mix expands contraceptive choice and helps women and men meet their reproductive intentions.

This peer-reviewed commentary represents the technical position of the Office of Population and Reproductive Health of the United States Agency for International Development.
## Failure Rate of Family Planning Methods

% of women who became pregnant during 1st year of use

<table>
<thead>
<tr>
<th>Method</th>
<th>Correct Use</th>
<th>Typical Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implant</td>
<td>.05</td>
<td>.05</td>
</tr>
<tr>
<td>IUD</td>
<td>.6</td>
<td>.8</td>
</tr>
<tr>
<td>Injectable</td>
<td>.2</td>
<td>6</td>
</tr>
<tr>
<td>OCs</td>
<td>.3</td>
<td>9</td>
</tr>
<tr>
<td>Condom</td>
<td>2</td>
<td>18</td>
</tr>
<tr>
<td>Standard Days Method</td>
<td>5</td>
<td>12**</td>
</tr>
<tr>
<td>TwoDay Method</td>
<td>4</td>
<td>14*</td>
</tr>
<tr>
<td>Diaphragm</td>
<td>6</td>
<td>16</td>
</tr>
<tr>
<td>No Method</td>
<td>85</td>
<td>85</td>
</tr>
</tbody>
</table>

### 6 month pregnancy rate

<table>
<thead>
<tr>
<th>Method</th>
<th>Correct use</th>
<th>Typical Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>LAM</td>
<td>1.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

FAM is acceptable and brings new users to FP
FAM addresses women’s concerns about family planning and helps fill a critical gap in family planning programs.

<table>
<thead>
<tr>
<th>REASONS FOR CHOOSING SDM</th>
<th>SIX COUNTRIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOESN’T AFFECT HEALTH</td>
<td>70%</td>
</tr>
<tr>
<td>NO SIDE EFFECTS</td>
<td>20%</td>
</tr>
<tr>
<td>ECONOMICAL</td>
<td>30%</td>
</tr>
<tr>
<td>EASY TO LEARN/USE</td>
<td>10%</td>
</tr>
</tbody>
</table>

[Source: Interviews with Users in 6 Countries]
ATTRACTION FIRST-TIME USERS: PREVIOUS METHOD USE BY SDM CLIENTS

India
Peru
Rwanda

0%
10%
20%
30%
40%
50%
60%
70%
80%
90%
100%

LAM  |  Injection  |  Condom  |  Pill  |  Nonuser/ Trad. User
FAM: GUIDING PRINCIPLES

WOMEN’S EMPOWERMENT
• FAM offered within framework of informed choice
• Emphasis on couple communication and shared decision-making
• Fertility-awareness and body literacy as empowerment

EQUITABLE ACCESS
• Underserved geographic areas
• Low-literacy materials
• Non-traditional service delivery channels

QUALITY
• Ensuring provider competency
• Providing clients practical tools to support method use
• Ensuring stock of CycleBeads, condoms
• Implementing quality assurance strategies to monitor provider competency, informed choice, correct use of method
COMMUNITY-BASED SOLUTIONS

**CHWs**

CHWs can offer FAM alongside other FP methods to expand choices available at the community.

**Social Marketing**

CycleBeads sales through pharmacies, kiosks, boutiques.

**Group Learning**

- Group counseling for couples
- Non-health volunteer community provider (facilitator)
- Community-wide sensitization on family planning
- Health service linkages
TECHNOLOGY SOLUTIONS

CycleBeads™ app

Dot

2day app
StandardDaysMethod.org
KnowYourBod.org
DotTheApp.com
k4health.org/toolkits