

Cycle Beads:



- **How Do They Work?**
 - Cycle beads are a string of colored beads that represent each day of a woman's **menstrual** cycle. They can help you know when you are likely to get **pregnant** if you have unprotected sex.
 - White beads mark the days you are likely to get pregnant.
 - **Brown** beads mark the days you are not likely to get pregnant.

Cycle beads are for women who want a natural, effective approach to family planning. Using cycle beads can:

 - ❖ Help you better understand how your body works.
 - ❖ Help your partner become more involved in family planning.
 - ❖ Help you keep track of your menstrual cycle over time.

Cycle beads are based on the Standard Days Method of family planning. The Standard Days Method is a natural method that works well for women who have cycles that are between 26 and 32 days long.

- **Are They Safe?**
 - Yes! There are no hormones, it is a natural method of birth control.

- **What Are The Side Effects?**
 - There are no side effects when using the Cycle Beads. Although, if you are using another form of birth control talk to your Family Planning Nurse for more information.

- **What Are The Health Benefits Of The Cycle Beads?**
 - Cycle Beads are a natural family planning method, there are no hormones or chemicals involved.

- **What About *Sexually Transmitted Diseases/Infections and HIV/AIDS* While Using the Cycle Beads?**
 - You are still able to contract any STD while using the Cycle Beads. It is recommended to also use condoms to protect your self from STD's.

- **What Do I Need To Know About Using the Cycle Beads?**
 - The color of the Cycle Beads help you keep track of your menstrual cycle. Each bead represents a single day of your cycle. The **BLACK** cylinder with the arrow shows the direction to move the ring. It does not count as a day of your cycle.
 - The **RED** bead marks the first day of your menstrual period. On the day your period starts, move the ring to the red bead.
 - All **WHITE** beads mark the days when you are _____ to get pregnant. Do not have unprotected sex on the white bead days if you do not want to get pregnant.
 - All **BROWN** beads mark the days when you are least likely to get pregnant if you have unprotected sex.
 - The **DARK BROWN** bead helps you know if your cycle is less than 26 days long. If your period starts before you move the ring to the dark brown bead, your cycle is less than 26 days.
 - If your period does not start by the day after you move the ring to the **last BROWN** bead your cycle is longer than 32 days.

- **When Do I Start?**
 - If you usually have cycles that are between 26 to 32 days long, you can start using Cycle Beads on the first day of your next period.
 - Use other birth control method until you start using Cycle Beads.
 - If you have recently been pregnant, or if you are using another method of birth control, you may not be able to start using Cycle Beads right away.