



*“There are many problems, but I think there is a solution to all these problems; it's just one, and it's education.” - Malala Yousafzai*

## What is the LETS Training Program?

The LETS Training Program delivers face-to-face fertility, health and wellbeing training to empower people to make more informed choices about their fertility, health and wellbeing. These essential basics are often unknown, ignored or even seen as shameful in both developed and developing countries. As a result people experience life changes that have a negative impact for both them and those around them for the rest of their lives. We are passionate about changing this through education.

The program is particularly targeted at communities that are experiencing unplanned and/or unwanted pregnancies or unsustainable population growth — which is most communities around the world and is at the heart of poverty, pregnancy, and human trafficking. The program also guides communities in need towards establishing sustainable health and wellbeing practices that boost quality of life. It can also be used as fundamental education for couples, parents and youth in communities in general to both prevent pain and promote confidence about choices.

As a result of the program we are seeing couples communicating and planning their futures together and communities becoming healthier and more hopeful as a result of understanding key fertility, health and wellbeing principles.

## Potential audiences for the essential basics of the LETS Training Program

The program can be delivered to any community or group that's particularly at risk of unplanned and/or unwanted pregnancies and unhealthy living practices. It can also be delivered to groups in more stable community environments as essential preventative training. It's particularly effective for increasing body awareness, partner and parent to child communication. It can be amended to cater for cultural beliefs and any sensitivity. The program is more successful when it is taught to both males and females as this ensures collective ownership of life changes and mutual respect about decision-making. Delivery can be split by gender if this is culturally appropriate.

Potential audiences include:

- Students - elementary through to college.
- Families and/or couples.
- Community groups.
- Patients in hospitals and health care centers.
- At risk groups that are affected by poverty, abuse, drugs or crime.

## Two methods of delivery

We have two methods of delivery:

1. **LETS Certified Instructor delivers the program to your community.** This will be face-to-face and highly interactive. You can also consider repeat delivery or delivery to different sub-groups within your community. The instructor will want to know about your unique circumstances so they can customize the materials with you. Depending on availability, the program can be taught as five lessons or on a lesson-by-lesson basis depending on the timing and the needs of your community.
2. **We train your organization/group to deliver the training via our online training program or face-to-face.** If you're an organization with similar goals we would love to talk to you about training your educators in this program. We have an online instructors training course and also offer packages for delivering the instructor's training face-to-face. The instructor training provides participants with the confidence

to deliver this training to communities in need, making a significant impact on people's lives. We are also open to co-delivery of the program to communities. **More information about our instructor training is on our website at:** <https://letsempower.org/training-program/>

## Our key tool: LETS Lunar Essential Tracker Bracelets

LETS provides access to practical tools to ensure that students of the LETS Training Program have something to take away with them that can be used time and time again so that the program has reach far beyond the lesson.

The primary tool we've been using very successfully is the LETS Lunar Essential Tracker Bracelet. The bracelet is based on the Standard Days Method and helps women and couples track their fertility cycle, including when they are most fertile. Starting from day one of their cycle they move a charm everyday through the phases of their cycle. Their most fertile time is color differentiated from the rest. Research has shown the Standard Days Method to be 95% effective with consistent and correct use. This requires partner cooperation if no other precautions are being taken, hence the need for educating both males and females.

**Certified instructors and organizations that have certified instructors can purchase the LETS Bracelets at a 50% discount for orders over 20 of one style. The same discount can be applied to orders over 20 of another style.**

## Ethical teaching

This program is for educational use only. We do not take responsibility for student's success based off the information in this program. Results vary, are circumstantial and individual based. Consistency, follow up, and partner support are important aspects of the success.

## The Curriculum

The LETS Training Program involves the use of a flip chart, Keynote or PowerPoint presentation and supporting materials.

The program is comprised of the following five lessons:

## **LESSON 1 – FERTILITY ESSENTIALS**

**Approximate teach time: 1hr 45min**

This lesson provides essential fertility training and covers:

- Making wise choices.
- The effects of puberty in males and females.
- Male and female reproductive parts.
- Reproduction and pregnancy including details on exactly how an egg is fertilised.
- Male infertility.
- The stages of the menstrual cycle and the common symptoms and implications of each stage.
- The LETS Lunar Essential Tracker Bracelet and how it's used to track menstrual cycles and fertility.
- How more than one child is conceived in a single pregnancy.
- Signs of pregnancy.
- Menopause.
- Abstinence and contraceptives.
- How to foster respect in a relationship.
- Favourable conditions to have a baby.
- The effects of unplanned pregnancy – sex and human trafficking.

## **LESSON 2 – HEALTHY BODY**

**Approximate teach time: 20-30mins**

This lesson builds on the Fertility Essentials lesson and covers:

- Fostering good nutritional habits.
- How digestion works in a human body.

- What is elimination and why is it important?
- Hand washing for wellness.
- Ways to stop the spread of disease and illness.
- Practices to foster good hygiene.
- The importance of sleep.
- Why hydration matters.
- The effect of sunshine.
- The types of exercise that help with wellbeing.
- Oxygen, fresh air and breathing practices.

### **LESSON 3 – HEALTHY MIND**

**Approximate teach time: 20-30mins**

This lesson highlights various aspects of mental health and covers:

- What is a healthy mind?
- Why it's important for the mind to be healthy.
- How we can feed our minds to boost quality of life.
- Goal setting.
- Facing challenges.

### **LESSON 4 – HEALTHY SPIRIT**

**Approximate teach time: 20-30mins**

This lesson looks at ways to create joy, purpose and becoming connected to one's self. It covers:

- What is a healthy spirit?
- Connecting with your spirit.

- Finding your purpose.
- How you can nourish and develop your spirit.
- Reducing stress and fostering joy.
- Self-love and acceptance.

## **LESSON 5 – HEALTHY ENVIRONMENT**

**Approximate teach time: 20-30mins**

This lesson focuses on caring for the environment and covers:

- Taking responsibility for our homes, our communities and our planet.
- The difference between things that decompose and things that do not decompose.
- Trash management.
- How to keep a home clean and safe from disease.
- Washing your body.

## **Contact**

If you received this information from a Certified LETS Instructor you can discuss with them further about implementing the training in your community.

If you're an organization that has received this information from LETS and are interested in further details on the curriculum and instructor training, please contact LETS discuss how we can work together on preventative fertility, health and wellbeing education initiatives.

**education@letsempower.org**  
**www.letsempower.org**