

## NATURAL FAMILY PLANNING QUIZ

- T F 1. Natural Family Planning is also referred to as the Rhythm Method.
- T F 2. Males are fertile all the time from puberty to death.
- T F 3. Females are fertile for 12 – 24 hours during a cycle.
- T F 4. NFP is 98% effective.
- T F 5. NFP can only be used if a couple has regular cycles.
- T F 6. The divorce rate for NFP practicing couples is less than 5%.
- T F 7. The pill prevents ovulation approximately 98% of the time.
- T F 8. NFP can be used to avoid or achieve pregnancy.
- T F 9. The Catechism of the Catholic Church teaches that “each and every marriage act must remain open to the transmission of life.”
- T F 10. Less than 2% of Catholics practice Natural Family Planning.

## NATURAL FAMILY PLANNING QUIZ ANSWERS

1. FALSE. NFP is based on the physiological signs of fertility and infertility that occur in every cycle.
2. TRUE. Once a male reaches puberty, usually around age 13, sperm production begins. Barring any health complications, sperm production continues until the day he dies.
3. TRUE. A woman can conceive only when an egg is present to be fertilized. The egg lives only 12 – 24 hours if not fertilized. Current research indicates that its life may be as short as 6 hours. Ovulation begins around age 12, and is periodic until about age 50, when menopause begins. If we were to add up the time when an egg is actually present during these roughly 38 years, it would total less than 4% of this time.
4. TRUE. The effectiveness rate of NFP is 98% when the rules to avoid pregnancy are accurately followed. No method is 100% effective, except abstinence.
5. FALSE. NFP can be used in all phases of a woman's life – premenopause, menopause, breast feeding, coming off the pill, short cycles, long cycles, and irregular cycles.
6. TRUE. NFP fosters growth in marriage through self control and other virtues needed to follow Christ. Far from being against sex, NFP enables a couple to embrace intercourse as a special language of total and reciprocal self-giving and of joy and delight in harmony with God's loving design. NFP promotes dialogue, reciprocal respect, shared responsibility, self control, patience, gentleness, intimacy, dignity, and generosity. NFP respects nature and respects women. All of these traits help to promote marriage. In contrast, contraception promotes selfishness, potentially serious health risks, potential abortion, no communication, no responsibility, and a chauvinistic mentality (viagra enhances *virility* vs. contraception which induces *sterility*). Contraception isolates responsibility of fertility to one spouse and takes apart what God has put together in a marriage. Each of these traits lead to the destruction of marriage. Research from the Couple to Couple League Study (1985) and the National Council of Catholic Bishops Nationwide Study (1989) indicates that the rate of divorce is less than 5%. For a 2003 summary of more recent NFP studies, see [www.usccb.org/prolife/issues/nfp/cmrsf03.htm#2](http://www.usccb.org/prolife/issues/nfp/cmrsf03.htm#2).
7. FALSE. Due to the lower level of hormones in today's contraceptive pills, ovulation may still occur approximately 40% of the time, but the resulting pregnancy is terminated because the baby is unable to survive in the disturbed uterus as a result of the device or drug. (Larimore and Stanford, 1999; Kahlenborn, 1999)
8. TRUE. To achieve pregnancy, a couple simply reverses the rules used to avoid pregnancy.
9. TRUE. See: The Catechism of the Catholic Church #2366 and #2370. The Church encourages all couples to learn natural family planning, but not to use it for selfish or trivial reasons.
10. TRUE. Natural Family Planning Current Medical Research, Vol 16, Winter/Spring 2005, pages 8-14.