

# *Introduction to Natural Family Planning*

*“I praise you, so wonderfully you made me; wonderful are your works! “*

*Psalm 139:14*

## Overview:

An introduction to the several different methods of Natural Family Planning available to couples, thanks to years of research and modern technology.

### Test Your Knowledge about NFP

### NFP Trivia Quiz

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| <p>1. How many days in a woman's menstrual cycle is she able to conceive?</p> <ol style="list-style-type: none"><li>All cycle long</li><li>24-36 hours</li><li>3 days</li><li>One week</li></ol> <p>2. The woman's fertility cycle is primarily managed by which two hormones?</p> <ol style="list-style-type: none"><li>Estrogen and Progesterone</li><li>Estrogen and Testosterone</li><li>HCG and estrogen</li><li>Progesterone and Follicle Stimulating Hormone</li></ol> <p>3. Natural Family Planning is simply counting the days in a woman's cycle and abstaining from relations for the two weeks in the middle of her cycle. T or F</p> | <p>6. If a couple wishes to conceive, they need to have sex every day. T or F</p> <p>7. How long can sperm live after sexual relations?</p> <ol style="list-style-type: none"><li>1/2 day</li><li>1 day</li><li>5 days</li><li>All month long</li></ol> <p>8. Which of the following are symptoms of hormonal imbalance in women?</p> <ol style="list-style-type: none"><li>Anxiety/depression</li><li>Cravings for certain foods</li><li>Insomnia</li><li>Migraine headaches</li><li>All of the above</li></ol> <p>9. The pill and modern means of Natural Family Planning have the same effectiveness of 97-99%. T or F</p> <p>10. The divorce rate for couples who use NFP is ____%.</p> <ol style="list-style-type: none"><li>0%</li><li>2%</li><li>10%</li><li>50%</li></ol> |
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