

# Contraception and Natural Family Planning

This outline is available for download at [www.RespectLifeMissouri.org](http://www.RespectLifeMissouri.org)

## Welcome & Opening Prayer for Life

Facilitator opens meeting with a “thank you” to all who have attended, introduction of new members, and a prayer. It is important that all participants feel welcomed and participate within their own comfort level.

## Opening Prayer

*"This is My Body, given up for you."  
Lord Jesus, we hear Your words each day at Mass.  
You have used these words to teach us the meaning of Your love for us,  
A love You took to the cross to give Your life so we might live.  
You use these words to teach us the meaning of our love for one another,  
A love which leads us to give of ourselves so that others might live.*

*"This is my body."  
Lord, we hear Your words distorted by those who support our current secular culture of death.  
Thank You, Lord Jesus, for the gift of the Holy Eucharist,  
Your Sacred Body, by which You unite us as one body in You.  
May all Your people live their lives according to Your most sacred words,  
"This is my body, given up for you!"*

Email us at [prolife@uscpcb.org](mailto:prolife@uscpcb.org)

Pro-Life Activities | 3211 4th Street, N.E., Washington DC 20017-1194 | (202) 541-3000 © USCCB. All rights reserved.

## Presentation – Contraception and Natural Family Planning

**NOTE: The Powerpoint presentation is available online for download.**

- ❖ The presentation file has been updated into the same PDF format as this session outline so it should be just as easy to access. If no laptop/projector is available, a printout of individual slides can also be copied/printed and used as both a presentation and as a handout for participant notes.
- ❖ The content in the slide presentation is designed to be straight-forward but also to allow flexibility.
- ❖ The comprehensive nature of the written facilitator notes below has been provided to allow for diversity among groups, for an extended and on-going education, and for later reference on the topic. **Therefore, it is possible that all the content included in the facilitator notes will *not* be covered in a single session. Please review the information below for each slide and then create a presentation that is your own based on the needs of your particular group.**
- ❖ If necessary, the Respect Life Office can answer any questions or provide guidance on any topics in the slide deck. Please contact the Respect Life Office at (816) 756-1850 or [francis@dioceskcjsj.org](mailto:francis@dioceskcjsj.org) if you cannot access the on-line files.

### Slide 1 Introduction

Contraception and Natural Family Planning

### Slide 2 Topics for Discussion

- Discuss the different methods of artificial contraception
- Understand why not contraception
- Learn about Natural Family Planning (NFP)

### Slide 3 Types of Contraception

*Artificial Contraception* is the term given to the techniques and birth control methods use to prevent human fertilization. Other birth control methods are abortifacient, preventing the implantation of the fertilized egg and the removal or expulsion of the fetus or embryo from the uterus. The techniques and methods frequently overlap.

Contraception includes barrier methods, such as condoms or the diaphragm, injectable contraceptives, and hormonal contraception, also known as oral contraception. The most common method of hormonal contraception is the “pill”. Hormonal emergency contraception can be both contraceptive and abortifacient.

### Slide 4 The “Pill”

- The “Pill” is used by over 10 million women in the US and about 4 million of those are under 25 years old.
- The “Pill” is designed to inhibit ovulation and sperm transport, thus preventing conception, but it also may change the lining of the inside of a woman’s uterus causing an early abortion if conception does occur.
- Both pro-abortion and pro-life groups agree that sexually active woman likely experience at least one very early abortion every year that she is on the “Pill”.

### Slide 5 The “Pill” (cont’d)

The “pill” increases the risk of breast cancer by over 40% if taken before a woman delivers her first baby. If taken 4 or more years before the woman’s first child is born, the increase for breast cancer is 70% more. The pill can also increase the risk of liver and cervical cancer.

Other side effects include high blood pressure, blood clots, stroke, heart attack, depression, weight gain, and migraines. Approximately 50% of women who start on the Pill stop within the first year because of unpleasant side effects.

The pill makes a woman’s body think it’s pregnant because it gives a woman’s body hormones that are present the first couple months of pregnancy. By doing this, the pill can stop ovulation.

Let’s think about this for a second...when do you typically take a pill? You take a pill when you’re sick. Pregnancy is not a disease, fertility is not a disease. Fertility is a perfectly healthy condition.

Look at it this way...if a teen guy walked into a doctor’s office and said, *“Doctor, you know, I want to get the girls and the way to do that is to have big muscles. Would you please give me some steroids?”* Any doctor worth his salt will say, *“Son, get out of here. Join the wrestling team. Lift weights. Do pushups. I’m not going to give you steroids. They’re bad for you. They could ruin you.”*

However, if a teen girl goes into a doctor’s office and says *“Doctor, I want to get a guy and the way to do that is to have sex. Can you keep me from getting pregnant?”* Many doctors say, *“Sure, I’ll write you a prescription.”* And that’s a whole lot worse than steroids for her physically and psychologically in the long run.

Why has our culture told us that this makes sense? Why has our culture told us that this is a sensible thing for a doctor to do?

**Note:** “When they were first testing for the pill, they were trying to find a male contraceptive pill and a female contraceptive pill. In the first study group of males, they found that there was some slight shrinkage in the testicles of one male, so they stopped all testing of the male contraceptive pill—as a result, there is no such thing as a male “pill” today. In the first study group of females, three females died, so they just readjusted the dosage. Women are still dying from the pill.

### Slide 6 The “Shot”: Norplant & Depo-Provera

The “Shot” or Depo-Provera is a long acting progestin hormone which is injected into a woman’s muscle every three months. It decreases ovulation, inhibits sperm transport, and changes the lining of a woman’s uterus. Since the “shot” changes the lining of the uterus, it can cause an early abortion when conception occurs.

Women who take Depo-Provera for two years or more before 25 have at least a 190% increased risk of developing breast cancer. Depo-Provera also reduces a woman’s bone density and worsens her cholesterol level. One study found women who had Depo-Provera or other contraception shots for at least five years suffered a 430% increased risk of developing cervical cancer.

Another progestin is Norplant which is a rubber-like tub placed under the woman's skin and left there for up to five years. Norplant has had over 50,000 law suits against the manufacturer citing complaints of irregular bleeding, scarring, muscle pain, and headaches.

There are also other hormonal contraceptives such as the Patch, the "Morning after Pill", the monthly injection Lunelle, vaginal inserts, and others. They use the same chemicals as the pill but are so new side effects have not been well researched.

#### **Slide 7 Barrier Methods:**

##### Condoms

The condom has a failure rate that is estimated to be between 10-30% due to breakage or slippage during use, manufacturing defects, and defects caused by shipping or storing in a hot or very cold place. The condom does not stop the transmission of the AIDS virus because latex is actually porous and the holes in a condom are 50X larger than the HIV particle.

##### Spermicides

A spermicide is designed to kill the man's sperm. One researcher has noted that couples using certain spermicides within a month of conception have experienced a doubling in the rate of birth defects as well as doubling the rate of miscarriages.

##### IUD (Intrauterine Device)

IUD is a T-shaped device made of hard plastic; it may also contain copper or contraceptive hormones. A doctor inserts it into a woman's uterus which obstructs sperm transport. When conception occurs, the IUD can prevent implantation or destroy the new embryo by copper poisoning or by attack from the body's immune system, thus causing an early abortion. Some side effects of IUDs include uterine perforation (which may lead to a hysterectomy and infection), backaches, cramping, dysmenorrhea, and infertility.

#### **Slide 8 Consequences of Contraception:**

There are also many adverse consequences to using contraception:

- Facilitates adultery
- Sexual involvement before marriage
- It is estimated that women taking contraception have an abortion each year without knowing.
- Increase in divorce
- Increase of unwanted pregnancies
  - In 1960, 6% of white babies were born out of wedlock while in 1992, 22% were born out of wedlock.
  - 22% of black babies were born out of wedlock in 1960, while in 1992, 68% of black babies are born out of wedlock!
- Increase of abortions
  - Contraceptives have changed people's lifestyles by increasing sex outside of marriage, which is not conducive to a strong family.
  - There is only one way to get pregnant so there is no such thing as an "accidental" pregnancy. However, since people have come to rely on contraception, they are surprised when they get pregnant unexpectedly. 50% of women who go to abortion clinics are there because of contraceptive failure!

#### **Slide 9 Why Not Contraception?**

God build our pro-creative purpose into the design of our bodies. However, today babies are viewed as burdens in a society filled with contraception. People have the view that two children are ideal, three are accepted, but having more than three children means the parents do not know how to use contraception.

Catholics understand that even when an abortion does not result, the use of contraception still excludes God from the marital act. Simply stated, a sperm and an egg do not have a soul until they are joined. When they join together and a new human life is created, God also performs a new act of creation by forming a soul. Having babies is meant to be within the loving act of spouses because God wants the parents to love the children in the same way in which he loves all of us--in a committed and unconditional way.

#### **Slide 10 What is Natural Family Planning (NFP)?**

Natural Family Planning (NFP) teaches a couple how to recognize the biological markers of a woman's reproductive system in a simple standardized fashion. When used to avoid pregnancy, the effectiveness is 96.8%. When used to achieve pregnancy the effectiveness is 76% in the 1<sup>st</sup> cycle of use and 98% by the 6<sup>th</sup> cycle.

#### **Slide 11 Why Natural Family Planning (NFP)?**

Natural Family Planning increases the love and respect a couple has for each other. During the period of fertility, if a couple chooses not to get pregnant at that time, they have a period of abstinence. Throughout this period of abstinence, the couple is able to grow in love for each other by nurturing their relationship outside of sex. The woman does not feel she is an object for the man's sexual desires so she feels respected. Since the couple must remain abstinent, the man and woman choose to respect the woman's biological design, thus respecting God's creation and His plan.

NFP also increases communication between the couple because the woman must communicate when it is her fertile period. When these conversations occur, the couple is able to re-evaluate their marriage and their openness to children.

## Evangelization/Catechesis

### Slide 12 Catechism Says...

2399 *"The regulation of births represents one of the aspects of responsible fatherhood and motherhood. Legitimate intentions on the part of the spouses do not justify recourse to morally unacceptable means (for example, direct sterilization or contraception)."*

### Slide 13 Humanae Vitae

*"Another effect that gives cause for alarm is that a man who grows accustomed to the use of contraceptive methods may forget the reverence due to a woman, and, disregarding her physical and emotional equilibrium, reduce her to being a mere instrument for the satisfaction of his own desires, no longer considering her as his partner whom he should surround with care and affection."*

Humanae Vitae 17

### Slide 14 Scripture

*"Children too are a gift from the Lord, the fruit of the womb, a reward. Like arrows in the hand of a warrior are the children born in one's youth. Blessed are they whose quivers are full. They will never be shamed contending with foes at the gate. "*

Psalm 127:3-5

### Slide 15 Mother Teresa

*"The way to plan the family is natural family planning, not contraception. In destroying the power of giving life, of loving; through contraception, a husband or wife is doing something to self. This turns the attention to self and so it destroys the gift of love in him or her. In loving, the husband and wife must turn the attention to each other as happens in natural family planning, and not to self, as happens in contraception. Once that living love is destroyed by contraception, abortion follows very easily."*

Mother Teresa, National Prayer Breakfast, White House 1994

### Slide 16 Summary

- Discussed the different methods of artificial contraception
- Now understand why artificial contraception is morally wrong
- Learned about Natural Family Planning (NFP)

## Closing Prayer

### Slide 17 Prayer for Light

*Holy Spirit,  
At the dawn of creation, you brought order out of chaos,  
Light out of darkness, life out of nothingness.  
Breathe on us once again, and change this culture of death into a Culture of Life.  
Inspire in your people a spirit of generous welcome for each and every life,  
No matter how unexpected or dependent that life may be.  
You are the Advocate.  
As you fill us with Yourself, make us advocates for the unborn and all the vulnerable,  
Until we are all united in the endless life and joy of the Father, Son, and Holy Spirit,  
One God, forever and ever.  
Amen.*