

RELEASE

The undersigned understand(s), agree(s) and consent(s) to the following information and terms as a condition of attending any instructional program in Natural Family Planning (“NFP”) taught by a certified teacher in the Archdiocese of Boston (“Archdiocese”).

NFP is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on the observation of the naturally occurring signs of the fertile and infertile phases of a woman’s menstrual cycle. To avoid pregnancy, couples abstain from intercourse and genital contact during the fertile phase of the cycle. No drugs, devices or surgical procedures are used at any time to avoid pregnancy. To achieve pregnancy, couples have intercourse during the fertile time of the cycle. Use of or reliance on NFP does not in any way guarantee that pregnancy will or will not occur. Users of NFP assume all responsibility for the results of using NFP.

Effective use of NFP requires, at a minimum, 1 (a complete course of instruction); 2 (follow-up sessions with a certified teacher); 3 (careful charting of the body’s fertility signs on a daily basis); and 4 (careful following of NFP rules). In addition, it also may be necessary to contact a certified teacher with questions or concerns.

Every method of family planning, including NFP, has a perfect use and imperfect use pregnancy rate. Perfect use represents method effectiveness for pregnancy avoidance with consistent and correct use of the method. NFP has been shown to have a 1% to 3% pregnancy rate with perfect use.¹ Imperfect use represents method effectiveness for pregnancy avoidance factoring in human error. NFP has been shown to have a 1% -15% pregnancy rate with imperfect use.² This imperfect use pregnancy rate is similar to that reported for other non-hormonal family planning methods.

A NFP instructional program is educational in nature and does not purport to be a substitute for qualified medical advice. Any health problems should be discussed with a doctor or qualified health care practitioner and any therapies, self-help or otherwise, should be undertaken only under the guidance of a qualified health care practitioner.

I/we unconditionally and irrevocable release the Archdiocese, and any person acting for or on behalf of the Archdiocese, from any and all liability for any and all adverse results of my/our use of NFP, including without limitation, an unplanned pregnancy, HIV infection, sexually transmitted diseases or any medical, physical, mental or other problems. I/we assume all responsibility for any outcome or result of my/our use of NFP.

Signature (F) _____ Date _____

Signature (M) _____ Date _____

¹ Contraceptive Technology, 1998

² Family Planning Perspectives, 1999

