



Christian Voices for Life

Wednesday Word

Education
Prayer
Action

Phone Apps for Contraception



Education: Fertility Awareness-Based Methods (FABMs) of avoiding pregnancy work by allowing a woman to be aware of the fertile times of her cycle and abstaining from intercourse during those times. FABMs have been under-rated and not appreciated by the medical community for many years. The CDC ranks FABMs as having typical use failure rates ranging from 2% to 23% (1). The 23% rate, however, is based on a seriously flawed study.(2) Note, also, that the CDC rates effectiveness but says nothing about risks. In recent years, an abundance of phone apps have arisen to help women track their cycle and predict which days they are fertile. Some only use the calendar method, which has serious problems if your periods are irregular. It is important to understand how the app works when choosing which to use. (3) (“Birth control Apps” also include those that help you to know when to order new pills.)

Natural Womanhood has a wealth of information about fertility awareness methods, including an “Ultimate Guide to Fertility Awareness” which can be downloaded at no cost.(5) (This resource has information about FAMs, but not the apps. They will sign you up for a weekly email, but you can always unsubscribe.) There are many individual articles about particular aspects of these methods. A more recent article discusses the accuracy of various methods used by apps, but focuses on which apps protected data entered.(6) (There is also much information on the website about the dangers of IUDs and hormonal methods of contraception.

1. <https://www.cdc.gov/contraception/about/index.html>
2. https://naturalwomanhood.org/cdcpetition/#_edn1
3. <https://naturalwomanhood.org/how-do-you-pick-a-fertility-app-that-really-works-to-prevent-pregnancy/>
4. [The Best Birth Control Apps for Cycle or Fertility Tracking](#)
5. <https://naturalwomanhood.org/complete-guide-to-fertility-awareness/>
6. [Does My Fertility App Keep My Data Private? - Natural Womanhood](#)



Prayer: Dear Father God, please help women to become more aware of both the dangers of hormonal contraception and the viable alternative of fertility awareness-based methods of avoiding pregnancy. Help everyone to understand your beautiful plan for sexuality, and the link between the unitive and procreative meanings of sexual intercourse. Help them to trust in You and Your plan for their lives. Please help doctors and the medical community to fully accept fertility awareness-based methods and not discount them because of flawed studies or a perceived link to the Catholic Church.



Action: Go to <https://naturalwomanhood.org/share-fam-with-your-doctor/> to download a 4 page medical update that you can bring to your doctor, to make sure he is aware of the facts about FABMs. Be sure to inform your friends that the best method of contraception is one that is free of side effects or health risks, such as FABMs. The method means abstaining during fertile days, but a cycle of courtship and honeymoon can actually enhance a marriage. Couples who use NFP have an extremely low divorce rate.