

**Media Release
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**New study on unplanned pregnancies highlights urgent
need for natural fertility education**

A new study showing that 60 per cent of women with unplanned pregnancies were using contraception, showed a pressing need to provide women with education on their own fertility, rather than on pills and devices, the head of the Natural Family Planning Program said today.

NFPP executive officer, Cheryl Curnow said the Marie Stopes International study confirmed what many women already knew - that artificial contraception is, in very many cases, failing to prevent unplanned pregnancies.

“This study confirms the lack of knowledge women have about their bodies, and education programs are urgently needed to reverse this situation,” Ms Curnow said.

“Every woman needs fertility education – to know when she is fertile, when she is not, what damages fertility and how she can protect it. This knowledge will enable couples to plan pregnancies and assist when they wish to conceive. It is information every woman and every couple should have.”

Ms Curnow said natural fertility control is evidence-based and reliable, effective and easy to learn.

“The couple alone is in control of the outcome - there are no chemicals or devices to fail. It is a natural, healthy alternative in family planning.”

The Natural Family Planning Program teaches women and couples how to recognise their individual fertility cycle and to work with it in achieving or avoiding pregnancy.

“We welcome suggestions that the Federal Government fund a national sex education campaign, and we would urge it to focus many of those resources on teaching women the basic information about their own fertility,” Ms Curnow said.

“At a time when many women are disillusioned with the contraceptive treadmill, comprehensive fertility education and instruction in Natural Family Planning is an attractive, effective and natural way forward for many couples.”

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