

**Natural
Family
Planning**

Basics

An add-on module for marriage preparation programs that covers Catholic Sexual Ethics, Natural Family Planning, and fertility science.

NFP Basics is in 3 parts:

- 1. Video Presentation**
- 2. Survey**
- 3. One on One Coaching session**

Everything is included. Couples who complete the program receive a certificate of completion to provide to their marriage preparation coordinator

What are participants saying?

"When we first heard about NFP and sexuality from the church, we were uncomfortable because I really felt that these topics were too personal and were really just a decision between my spouse and I. We preferred to leave God out of it. Watching this video really helped me to understand why the church makes such a big deal out of these things. I am now interested in learning more about this and taking an NFP course."
Katie B, NFP Basics Participant

"I feel more engaged in this topic and can be more supportive to my fiancé. Learning about unity and procreation and the equal partnership they have was interesting. Overall, The Catholic perspective on NFP was eye opener to me. Looking at sex in a different way."
Anonymous NFP Basics Participant