



Natural Family Planning

If you need to use a safe and natural way of planning your family (provided you have a just reason for doing so), then you might want to investigate a method of natural family planning such as the Billings Ovulation Method, or the Creighton Method (also known as Napro Technology).

References:

1. Carey, RF., Herman, WA., Retta, SM., Rinaldi, JE., Herman, BA., Athey, TW., *Effectiveness of latex condoms as a barrier to human immunodeficiency virus-sized particles under conditions of simulated use*, 1992 Jul-Aug;19(4):230-4, <http://www.ncbi.nlm.nih.gov/pubmed/1411838>
2. Australian Broadcasting Corporation website – Health Matters Library A-Z, Cervical Cancer fact file www.abc.net.au/health/library
3. US Department of Health and Human Services Workshop Summary, Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention.
4. New York Times, June 15 2005, Studies Rebut Earlier Report on Pledges of Virginity
5. Matthew Hanley and Dr. Jokin de Irala, 'Affirming Love, Avoiding AIDS: What Africa Can Teach the West', 2009

Does abstinence work?

Some people say that encouraging young people to abstain from a sexual relationship doesn't work. They obviously haven't heard the following...

June 2005 – A major “scientific” analysis claiming that abstinence programs don't work is shown to be false. It turns out that the authors focused on the behaviour and STD rate of a group of only 21 people, out of 14,116 in an abstinence program, and then implied that all people in that program were the same as that small group of only 21.⁴

May 2005 – The Washington Times reports new research indicating that at least five major abstinence programs in the US are experiencing excellent results.

In 1992 – Uganda had an HIV infection rate of 18%. An abstinence based sex education program was implemented and today their HIV rate is only 5-7%. Several years later, Kenya replicated this success. A few other countries have also done so, with partner reduction always the most important factor.



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What you should know about

Condoms



Why do people use condoms?

The intention behind using a condom is to accommodate people's desire to have "free", "protected" sex, that is, sex without consequences (consequences such as pregnancy or sexually transmitted diseases like HIV).

But do they really prevent STD's and what other consequences occur from having sex with a condom?

In the event of a pregnancy, couples who would have otherwise abstained from intercourse to prevent pregnancy, often resort to abortion to deal with their unplanned pregnancy, bringing with it an avalanche of other problems.

Why do they fail?

Many believe that condom failure is simply due to the rubber breaking or incorrect use, but a medical study titled "Effectiveness of latex condoms as a barrier to human immunodeficiency virus-sized particles under conditions of simulated use,"¹ reported the following findings;

- 29 out of 89 condoms tested leaked HIV-sized particles through the latex. That is 33% of intact condoms leaking!

- Using a condom does not eliminate the risk of HIV transmission.



Sexually Transmitted Diseases (STDs)

Condoms are not widely used as a contraceptive, because of their high failure rate. **Since the pathogens listed below are much smaller than sperm – how can a condom be trusted to prevent STDs?**

HPV: The most common STD is Human Papilloma Virus (HPV) and a condom will not protect you from it because the virus is spread by skin-to-skin contact. HPV is the cause of nearly all cervical cancer and has also been linked to prostate, anal and oral cancer.²

CHLAMYDIA: Chlamydia is one of the leading STDs in Australia and the scientific evidence shows that a condom provides no effective protection against it.³

GENITAL HERPES: Genital Herpes is yet another common STD and once again the scientific evidence shows that a condom provides no effective protection against it.³

GONORRHOEA: The scientific evidence shows that a condom does not provide any protection for females and only very limited protection for males against Gonorrhoea.³

The US Department of Health and Human Services based these findings on a yearlong study in which 28 researchers reviewed 138 peer-reviewed, published studies on the heterosexual transmission of sexually transmitted diseases.

The panel looked at the 8 most prevalent STDs: HIV, gonorrhoea, Chlamydia, syphilis, chancroid, trichomoniasis, genital herpes, and HPV. Of these 8 diseases the panel concluded that when used "*correctly and consistently*," there was "**no clinical proof**" that condoms prevent transmission of 6 of the 8 diseases.



What's more, the 2 diseases that the condom may offer some protection against (HIV and gonorrhoea) constitute only 2% of all heterosexual STD cases. **This means that based on overwhelming evidence, the condom does nothing to protect against 98% of all STDs.**

What alternatives are available for me?

The only sure way to avoid contracting a sexual disease is to save sex for marriage and then remain faithful to your spouse.

- It is the only 100% fool-proof way of avoiding unplanned pregnancies.
- It is the only 100% fool-proof way of ensuring that you don't catch a sexual disease.
- There is less chance of being used just for sex.
- You have a better chance of building a solid relationship based on communication and commitment.
- Studies show that people who save sex for marriage are happier, less likely to suffer depression, and less likely to consider suicide.