

## HOW DOES IT WORK?

There are many types of fertility awareness based methods that involve observing, monitoring and recording your body's fertility signs.



### MONITOR

the days of your menstrual cycle



### OBSERVE

your cervical secretions



### MEASURE

your temperature every morning



### TRACK

all of your fertility signs together

FERTILITY AWARENESS

## WHAT ARE FERTILITY AWARENESS BASED METHODS?

Sometimes called natural family planning, these methods involve understanding your “fertile window” by keeping track of the days in each menstrual cycle when having sex makes you more likely to get pregnant. That information and awareness can help you prevent pregnancy, plan for pregnancy, or simply monitor your menstrual cycle and reproductive health.

## HOW EFFECTIVE ARE THESE AT PREVENTING PREGNANCY?

This may vary based on your cycle, the method you are using, and how consistently you are using this. Depending on these and other factors, fertility awareness based methods can range from

**76-99% effective.<sup>1</sup>**

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## ACCESSMATTERS' INFORMATION HOTLINE

**1-800-848-3367** or text **“AskItMatters”** to 66746 to find a family planning provider in Southeastern PA and discuss the right birth control method for you.



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<sup>1</sup> <https://www.acog.org/Patients/FAQs/Fertility-Awareness-Based-Methods-of-Family-Planning#fertility>  
[www.plannedparenthood.org](http://www.plannedparenthood.org)