



Diocesan NFP Program—Step 3 NFP Couple/Client Education Assessment

NFP Program, Secretariat for Laity, Marriage, Family Life and Youth, United States Conference of Catholic Bishops; 3211 4th St., NE, Washington, DC 20017; 202-541-3240; nfp@usccb.org.

Diocesan NFP Couple/Client Curriculum

(Arch)Diocese: _____ Date: _____

NFP Coordinator (print name and email): _____

This form examines the diocesan NFP couple/client curriculum in Catholic teaching on marriage, conjugal love and responsible parenthood, and NFP methodology. This form documents compliance with the letter indicated in Section III of the Standards. The relevant text from the Standards is provided below.

NOTE: Only complete this form if the diocesan NFP couple/client curriculum is NOT from an Approved NFP teacher training program. To view which NFP teacher training programs meet the Standards see usccb.org/topics/natural-family-planning/nfp-national-providers.

Please read the text and the following requests to document your responses. Follow the instructions and answer accordingly. When requested, provide the name of the resource and page number to indicate where the curriculum meets the individual standard. Attach photocopies of any content not included in the main client curriculum.

For diocesan NFP coordinators who are formally taking part in the external review, contact your assigned NFP mentor for guidance. If further assistance is needed, contact the NFP Program (NFPP) at nfp@usccb.org; 1-202-541-3240.

Diocesan NFP couple/client education includes instruction on NFP methodology and integration of Catholic teaching on human sexuality, (including male and female complementarity), the virtue of chastity, the proper formation of conscience, the nature of marriage, conjugal love and responsible parenthood, the value of children, and the importance of the family especially as the foundation of society and the domestic church as articulated in authoritative Church documents (see Appendix A). It includes follow-up during and after formal instruction until the couple/client achieves autonomy. It is adapted to the particular needs and circumstances of the couple/client.

(Standards for Diocesan NFP Ministry, Section III Introduction)

Part I—Overview

Name of NFP Curriculum: _____

1. Complete the following statement (check all that apply):

This NFP client education curriculum is provided through ...

- on-site classroom instruction.
- on-site private instruction.
- virtual distance education (e.g., self-paced and/or live).
- hard copy (including DVDs, web links, etc.) distance education via U.S. postal system.

2. Complete the following statement (check all that apply).

This NFP curriculum provides the NFP teacher with . . .

- a teacher’s manual (hard copy).
- a client’s manual/book.
- access (e.g., email, phone) to a curriculum staff person who provides assistance to the teacher and/or client.
- a curriculum web address for access to additional electronic NFP education.
- digital resources for both the teacher and the client (e.g., teacher PowerPoint slides, web links, audio and video files, etc.).
- supplemental hard copy client NFP resources (e.g., brochures, booklets, etc.).

3. Complete the following statement (check all that apply):

This NFP curriculum is offered in the following languages (list languages below)

Part II—Content

Couple/Client Education . . .

A. Is provided in at least four client contact sessions, two of which include individual follow-up with chart review until autonomy is reached.

4. List the number of required couple/client contact sessions and individual follow-ups with chart review until client

autonomy is reached.

Number of couple/client contact sessions: _____

Number of individual NFP follow-ups with chart view: _____

Use the space below if an explanation is needed:

5. Directions for Section III.B. 1-9. Each item on the left indicates the standard of content to be met in the NFP curriculum under evaluation. In the space provided on the right, indicate where this content can be found by providing the name of the NFP resource and page number(s) or the exact web address if the curriculum is web-based.

If other sources are used, provide photo copies of the book or article with its full citation (e.g., title, author, page numbers, volume, etc.).

STANDARD

SECTION OF CURRICULUM

B.1	Integration of Catholic teaching regarding human sexuality, (including male and female complementarity), the virtue of chastity, the proper formation of conscience, the nature of marriage, conjugal love and responsible parenthood, the value of children, and the importance of the family especially as the foundation of society and the domestic church as articulated in authoritative Church documents (see Appendix A).
human sexuality (including male and female complementarity)	
the virtue of chastity (and its role in marriage)	
the proper formation of conscience	
	SECTION OF CURRICULUM

The nature of marriage	
conjugal love and responsible parenthood	
the value of children	
The importance of the family especially as the foundation of society and the domestic church	
B.2	A presentation of couple fertility that describes the reproductive anatomy and physiology of the male and the female, including the role of basal body temperature, cervical mucus, cervical changes, and other symptoms of the female fertility cycle.
reproductive anatomy and physiology of the male and the female	
the role and pattern of basal body temperature NB: This means content that provides a general overview of the BBT. It does not mean detailed guidelines when an NFP method does not include the sign in its methodology.	
cervical mucus	
cervical changes NB: This means content that provides a general overview of this sign of female fertility. . It does not mean detailed guidelines when an NFP method does not include the sign in its methodology.	
	SECTION OF CURRICULUM

other symptoms of the female fertility cycle	
B.3	Instruction on observing, charting, and interpreting the method defined sign(s) of fertility on a day-by-day basis so as to correctly identify the days and patterns of fertility and infertility.
List the sign(s) to chart below:	SECTION OF CURRICULUM
B.4	The NFP method guidelines for both achieving and avoiding pregnancy.
Method guidelines for achieving pregnancy Method guidelines for avoiding Pregnancy	SECTION OF CURRICULUM
B.5	Instruction that abstinence from genital contact and sexual intercourse during the fertile phase of the cycle is the means to avoid pregnancy.
Instruction on periodic sexual abstinence as the means to avoid pregnancy	SECTION OF CURRICULUM
B.6a An explanation of the importance of the couple's	. . . motivation and communication.
(couple motivation and	SECTION OF CURRICULUM

communication)	
B.6b An explanation of the importance of the couple's	. . . ongoing discussion of their family planning intention.
(importance of couple's family planning intention)	SECTION OF CURRICULUM
B.6c	Acceptance of their combined fertility.
(acceptance of couple's combined fertility)	SECTION OF CURRICULUM
B.7	A discussion of factors that may affect the interpretation of the sign(s) of fertility (e.g., nutrition, stress, illness, medication, etc.).
List the factors affecting the signs of fertility that the curriculum presents below:	SECTION OF CURRICULUM

B.8	Emphasis on the couple/clients' responsibility for seeking additional instruction for special situations such as difficulties in achieving pregnancy, or anovulatory patterns that may result from breastfeeding or perimenopause, chemical and/or mechanical contraceptive use, or miscarriage/abortion.
List the special situations that are discussed in the curriculum below:	SECTION OF CURRICULUM
B.9	Information on the principles that support anovulation during breastfeeding and the benefits of breastfeeding for the health of both baby mother.
Content on anovulation during breastfeeding Benefits of breastfeeding	SECTION OF CURRICULUM
B.10 Discussion of the benefits of NFP	Discussion of the benefits and challenges of NFP.
Content on benefits Content on challenges	SECTION OF CURRICULUM

Part III—Client Follow-Up

6. Directions: Each item on the left corresponds to the standards in Section III.C.1-6 of the Standards. Check “YES” or “NO” to answer the statements below.

Couple/client follow-up:

- | | | | |
|-----|--|-----------|---------|
| C.1 | includes at least two personal chart reviews with appropriate documentation. | _____ YES | _____NO |
| C.2 | requires appropriate follow-up until the couple/client reaches autonomy. | _____ YES | _____NO |
| C.3 | includes assessment of the couple/client’s progress in: | | |
| a. | observing, correctly charting, and interpreting daily the sign(s) of fertility | _____ YES | _____NO |
| b. | recognizing and understanding the days of fertility and infertility in the cycle and any change in the fertility pattern | _____ YES | _____NO |
| c. | following method instruction according to their family planning intention | _____ YES | _____NO |
| d. | integrating periodic abstinence in their lives | _____ YES | _____NO |
| e. | gaining confidence in and satisfaction with their use of NFP. | _____ YES | _____NO |
| C.4 | provides instruction on the need to record and classify the occurrence of pregnancies. | _____ YES | _____NO |
| C.5 | provides instruction on the recording of discontinuation of instruction prior to autonomy. | _____ YES | _____NO |
| C.6 | includes instruction of the need to make appropriate medical, psychological, educational, or pastoral referrals as needed. | _____ YES | _____NO |