### Fertility awareness methods of family planning

**Indicate your answer by ticking the appropriate box for each question**

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<tbody>
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<td>1.</td>
<td>The woman’s egg lives up to 7 days.</td>
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<td>2.</td>
<td>Sperm can survive in the female genital tract and are capable of fertilising the egg for up to 7 days after sex.</td>
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<td>3.</td>
<td>The chances of conception are approximately zero six days before and 2 days after the temperature rise.</td>
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<td>4.</td>
<td>The basal body temperature rises by about 0.5°C just before ovulation.</td>
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<td>5.</td>
<td>Usually when a woman is fertile her cervix is high, soft and open.</td>
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<td>6.</td>
<td>To optimise her chances of pregnancy, a woman should be aware of the significance of timing intercourse to coincide with wetter, transparent, slippery, stretchy secretions.</td>
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<td>7.</td>
<td>The late infertile time (post-ovulation) is the safest time for intercourse to avoid pregnancy.</td>
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<td>8.</td>
<td>The standard days rule indicates the fertile time as days 10-23 for all women (provided cycles are within the range of 26-32 days).</td>
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<td>9.</td>
<td>When motivated couples taught by experienced FAM teachers use a combination of fertility indicators, fertility awareness methods can be up to 98% effective.</td>
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<td>10.</td>
<td>Lactational amenorrhoea method only applies to women who are less than 6 months post-partum, amenorrhoeic and fully breastfeeding day and night.</td>
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**Turn to page 112 for answers**