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| **Periods Quiz** | **Statement** | **True/ False & Debrief** |
| **Q1** | The average age to start having periods is 12 | **True -** The average age is 12, but the usual age range is between 8 and 14.  Don’t worry if you don’t start at the same time as your peers. If someone started their period at 18+, they should go to the GP for support around reproductive health. |
| **Q2** | You have your period every month for the rest of your life | **False -** You go through menopause aged between 45 and 55. The average is 51, and this is when your periods stop and you’re no longer able to naturally get pregnant.  Someone also might not have their period if they are pregnant or experiencing other reproductive health issues that mean they do not have their periods every month. Stress and being underweight can also affect periods. |
| **Q3** | All periods hurt | **False -** Most people will experience period pain at some point of their lives. But not everyone.  It does not hurt when the blood leaves the vagina, though some people can feel it. What usually hurts is the cramps - when the uterus contracts as the lining falls away. This can be felt in the lower tummy, but also lower back. |
| **Q4** | Some people have heavier periods than others | **True –** Yes! We are all different. It is important if someone has heavy periods to think about their menstrual wellbeing, and to contact their GP if their pain is getting in the way of everyday activities, or they pass large clots for example. |
| **Q5** | It is normal for someone to accidentally leak on their period | **True -** Yes, although you may find it embarrassing. It is normal, most people who menstruate have leaked or will leak at some point in their lives. If this is something you are worried about, carry some spare heavy flow products and some underwear. |
| **Q6** | All women have periods | **False -** To have a period, you need a uterus and ovaries. If somebody wasn’t born with these, they will not have a period. A trans woman would not have a period as they don’t have a uterus and ovaries. This does not mean they’re not a woman though.  A trans man may have their uterus and ovaries and hence still have a period. This may stop if they choose to have hormonal replacement therapy. Having a period does not mean they are not a man. Menopause, hormonal contraceptive choices and other conditions can make your periods stop. This does not mean they are no longer women. (Refer back to beginning slide about gender and bodies if this is needed). |
| **Q7** | You shouldn’t talk to your doctor about your period | **False –** Periods are completely natural and not something that generally requires medical attention unless you have any concerns. If you are concerned, you can speak to your GP about your period. They can do tests and make sure everything is how it is supposed to be and help you if anything were to go wrong. You can suggest a gender of doctor if you would feel more comfortable speaking to doctor who identifies as female. |