



Activity sheet

Period Quiz

Read the following 10 statements and decide whether you think they are True or False.
Circle the correct answer.

1. Girls are born with thousands of eggs inside their ovaries. True False
2. It's normal for a girl to start her period anytime between the ages of 8-17. True False
3. All girls bleed for the same amount of time when they have their periods. True False
4. A period happens because the body has too much blood in it. True False
5. If a girl finds period pains very painful, it's best to 'grin and bear' it. True False
6. Tampons and sanitary towels come in all shapes and sizes. True False
7. Period blood can be smelly once it leaves the body. True False
8. It's normal to get moody or grumpy around the time of a period starting. True False
9. Tampons can get lost inside the body. True False
10. It's a good idea to practice putting tampons in before periods start. True False