



Creating **PERIOD PRIDE**

ANSWER KEY

1. How long do periods usually last each month?
a. Eight days
b. Three days
c. An average of 5-7 days (1 point)
2. How often do people get their periods?
Once a month (every 28-30 days) (1 point)
3. Give three other names' people give to periods:
(1 point per answer, up to 3 points)
Menstruation, aunt flow, time of the month, on the rag (rags), monthly visitor, bloody mary, shark week, the painters are in, crimson wave, red wedding, girl flu, lady business, Carrie, that time of the month, the curse, monthly visitor, courses
4. At what age can you get your period?
a. Between 8 and 16 (1 point)
b. When you are 12
c. When you are in high school
5. Can you name three common symptoms of period pain?
(1 point per answer, up to 3 points)
Cramps, headaches, lower back pain, low energy, mood swings, food cravings, acne, bloating, headaches and sore, swollen or lumpy breasts
6. Number these stages of the menstrual cycle in their correct order: **(2 points)**

1. Menstruation (days 1-7)	3. Ovulation (days 15-22)
2. Follicular phase (days 8-14)	4. Luteal phase (days 23-28/30)
7. Can you name one of the three key hormones that rise and fall during a menstrual cycle?
1. Estrogen (1 point)
2. Testosterone (1 point)
3. Progesterone (1 point)
8. What does PMS stand for?
8. Pre-Menstrual Syndrome (1 point)
9. How many decades do people who menstruate usually get their periods for?
a. Two
b. Four (1 point)
c. Six
10. How many years, on average, will a person be on their periods in a lifetime?
10 years (1 point)
11. How many periods will a person who gets their periods get, on average, in their lifetime?
450 (1 point)
12. How much blood can someone lose each time they get their periods? Draw cups to indicate your answer.
Between 1/3 of a cup to 1 cup (1 point)

TOTAL POINTS OUT OF 19