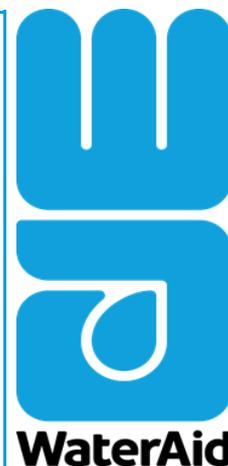


Period fact or fiction?

Background:

WaterAid is an international not-for-profit organisation, determined to make clean water, decent toilets and good hygiene normal for everyone, everywhere within a generation. Every month, 1.8 billion people across the world have a period – but millions have to manage theirs without essential clean water, decent toilets and good hygiene knowledge. Not having access to these can be both embarrassing and unsafe – and can have far-reaching impacts for women and girls, acting as a disadvantage in their lives as they are forced to stay home every month, missing vital chances to go to school, earn a living, and to take control of their futures.



Time needed:

15 minutes

Aim:

To introduce facts about periods that the group may not have thought of before.

Materials:

True or false quiz sheet

True or false answer sheet

Learning Objective:

To check period knowledge and ensure they are well informed without embarrassment.

What to do:

1. First have students complete the true or false quiz about periods, either individually or in groups, to make sure that they have correct understandings.
2. Assess their answers with an interactive activity. Start by splitting the room into three with one side of the room as true, the other is false, the middle is neutral (not sure).
3. Go through the each statement and ask students to move to the side they believe is the answer.
3. Once they have chosen their answer, give the correct answer and accompanying information from the answer sheet.
4. Once the quiz is complete, ask students if any facts were surprising or shocking and why.
5. Ask students how they feel about this fact? What do they think could or should be done?

Period - True or False



1. Periods last for around two weeks.

True or False?

5. Periods happen for the rest of your life.

True or False?

9. The flow (how much blood) of your period can change.

True or False?

2. Some people bleed more than others.

True or False?



10. Tampons and pads should be flushed down the toilet.

True or False?

3. You can only buy period products from a chemist.

True or False?

6. Your first period is at the age of 12.

True or False?



7. Periods occur every month at around the same date.

True or False?



4. Periods can cause stomach aches and cramps.

True or False?

8. Some people miss school because they can't afford to buy period products or can't access them.

True or False?



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Periods - True or False Answer Sheet

1. Periods last for around two weeks. **FALSE - A period usually lasts between 2-7 days.**

2. Some people bleed more than others. **TRUE - Everyone's body is different, which means that the amount of bleeding varies between people.**

3. You can only buy period products from a chemist. **FALSE - Products such as pads, cups and tampons are available from many places such as newsagents, chemists, supermarkets, even vending machines!**

4. Periods can cause stomach aches and cramps. **TRUE - Many people experience cramps and pain before and during their period. Medicine or tablets can be used to help with pain and a hot water bottle can help.**

5. Periods happen for the rest for your life. **FALSE - Periods last until around 40-60 years of age.**

6. Your first period is at the age of 12. **FALSE - People can start their periods at 8 to around 16. Everyone is different and starts at different ages.**

7. Periods occur every month at around the same date. **TRUE - The menstrual cycle (time between periods) is usually 21-35 days. It varies between people. This means periods arrive around the same time every month.**

8. Some people miss school because they can't afford to buy period products or can't access them. **TRUE - Unfortunately some girls are unable to afford period products. They have to use whatever they have available instead (e.g. tissue or even socks). Many end up not going to school because they worry blood may soak through their clothes. This is called 'period poverty' and it happens around the world including the UK when girls don't have access to what they need.**

9. The flow (how much blood) of your period can change. **TRUE - The flow of periods change. The first few days may be heavier than the last. You can adjust which products you use to help you deal with the flow.**

10. Tampons and pads should be flushed down the toilet. **FALSE - Never flush period products as they cause blockages in pipes leading to flooding and pollution. It can even cause sewage overflowing up through your toilet! Products should be wrapped and put in a bin.**

