

Period blood



Periods – **true** or **false**?



1. Most people start their periods at 10 years old.

TRUE

FALSE

2. A period happens when the lining of the womb comes away and passes through the vagina and out of the vulva.

TRUE

FALSE



3. During your period you lose about one pint of blood.

TRUE

FALSE

4. Once periods start they always happen every 28 days.

TRUE

FALSE

5. During a period, bleeding lasts for about 5-7 days.

TRUE

FALSE



6. Periods are always very painful and cause bad moods.

TRUE

FALSE

7. During a period, you should not play sports or go swimming.

TRUE

FALSE

What are the symptoms of PMS?

8. Periods stop when a person is about 50 years old.

TRUE

FALSE



9. You definitely can't get pregnant during your period.

TRUE

FALSE

10. You can't have sex during a period.

TRUE

FALSE

