

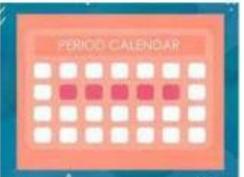
Period blood



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**

6. Periods are always very painful and cause bad moods. **TRUE** **FALSE**

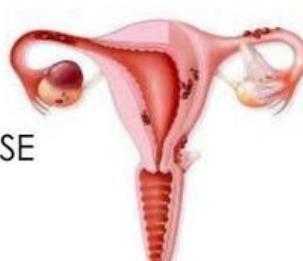
7. During a period, you should not play sports or go swimming. **TRUE** **FALSE**

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**