

# Menstruation investigation



Here's our adaptation of Mark's period quiz. The correct answers are in bold.

Which of these can be used to describe a period?

Aunt Flo, time of the month, on the rag, and red tide.

Code red, Arsenal are playing at home, and monthly visitor.

Dracula's teabag, having your fairies, Mother Nature, and lady time.

**All of the above.**

Roughly how many people each year miss school in the UK because they can't afford to buy menstrual products such as pads, tampons, or cups?

500

26,500

**137,000**

One million.

Which of these aren't related to periods?

Mood swings and cramps.

Tampons and pads.

**Shoes and socks.**

Cups and pants.

How much blood does the average person lose on their period?

Exactly one cup full.

Around two pints.

**Between three and four tablespoons.**

About three litres.

What's the average age for people to start their period?

8

10

**12 and a half**

16

How many periods does the average person who menstruates have in their lifetime?

**Fewer than 500.**

About 800.

Between 1,000 and 2,000.

About 3,000.

Can someone on their period go swimming?

**Yes**

No

Yes, but only if they're on their own in a pool.

Yes, but only if they're with other people who are also on their period.

Can pads and tampons be flushed down the toilet?

Yes

**No**

Yes, but only if you pray to the toilet gods!

How long does the average period last?

One day  
About two weeks  
**Between two and seven days**  
A month

What does PMS stand for?

Pretty miserable sister.

Period monthly stress.

**Pre-menstrual syndrome.**

Period mood swings.

How can people who don't have periods help people who are on their period?

Ignore them – if you don't know what it's like you can't do anything.

Offer them painkillers, a hot water bottle, and chocolate (or another food they crave).

Listen and try to understand, and offer to massage their back.

**Both b and c – ask the person what they'd like you to do.**