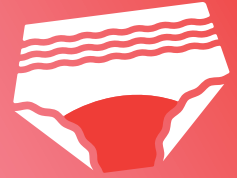




creating #periodpride trivia



name(s):

total points:

1. How long do periods usually last each month?

- a. Eight days
- b. Three days
- c. An average of 5-7 days

2. How often do people get their periods?

3. Give three other names' people give to periods

- 1. _____
- 2. _____
- 3. _____

4. At what age can you get your period?

- a. Between 8 and 16
- b. When you are 12
- c. When you are in high school

5. Can you name three common symptoms of period pain?

- 1. _____
- 2. _____
- 3. _____

6. Number these stages of the menstrual cycle in their correct order:

- () Ovulation () Menstruation
- () Luteal phase () Follicular phase

7. Can you name one of the three key hormones that rise and fall during a menstrual cycle?

(Name all three for bonus points!)

- 1. _____
- 2. _____
- 3. _____

8. What does PMS stand for?

9. How many decades do people who menstruate usually get their periods for?

- a. Two
- b. Four
- c. Six

10. How many years, on average, will a person be on their periods in a lifetime?

11. How many periods will a person who gets their periods get, on average, in their lifetime?

12. How much blood can someone lose each time they get their periods? Draw cups to indicate your answer.
