

True or False?

YOU SHOULD  
NOT EXERCISE  
DURING YOUR  
PERIOD



**Period Education**  
UK

# False

Exercise can help you feel better during your period. Doing gentle exercise like jogging, dancing, or yoga can make cramps hurt less and improve your mood.

True or False?

BLEEDING  
LASTS 3-7  
DAYS



**Period Education**  
UK

# True

Your first periods will last about 2-7 days. After a few years, most periods last around 5 days, but they can be between 3-7 days.

True or False?

EVERYONE  
EXPERIENCES  
THE SAME  
SYMPTOMS



**Period Education**  
UK

# False

Everyone's period is different. Some people have only a few mild symptoms, while others might have more and find it harder to deal with. It's unique for each person.

True or False?

YOUR PERIOD  
COMES EVERY  
28 DAYS



**Period Education**  
UK

# False

A normal menstrual cycle can be 21 - 35 days.



True or False?

IRREGULAR OR  
ABSENT  
PERIODS ARE  
NOT NORMAL



**Period Education**  
UK

# True

When you first get your period, it might not come at the same time every month (it could be between 21-45 days), and that's ok! It can take about 2 years for it to become regular. Once it's regular, it's an important sign that your body is healthy!

True or False?

YOU CAN HAVE  
POSITIVE  
SYMPTOMS  
DURING YOUR  
MENSTRUAL  
CYCLE



**Period Education**  
UK

# True

It's not all negative! At certain times of your menstrual cycle you may have better skin, feel happy, motivated and stronger.

True or False?

USING 3-6  
'REGULAR' PADS  
OR TAMPONS  
PER DAY IS  
NORMAL



**Period Education**  
UK

# True

During your period, you lose a small amount of blood, about 1-5 tablespoons. If you are leaking a lot or need to change your pad or tampon every 1-2 hours, it might mean you are bleeding heavily.

True or False?

MENSTRUATION  
IS ANOTHER  
WORD FOR  
PERIOD



**Period Education**  
UK

# True

Menstruation is the medical term, but it is commonly known as periods. Periods are part of the menstrual cycle.



True or False?

ALL PERIOD  
SYMPTOMS  
ARE PHYSICAL



**Period Education**  
UK

# False

Periods can cause physical symptoms like cramps, back ache, bad skin and headaches. They can also affect how you feel, like making it hard to sleep, feel worried, or have less energy to do things.

True or False?

CHANGES IN  
PERIOD BLOOD  
COLOUR ARE  
NORMAL



**Period Education**  
UK

# True

Period blood can be different colours. It might be dark red, brown, or black at the start or end of your period. Bright red blood is newer and is often around the heavier part of your period.

True or False?

YOU CAN'T GO  
SWIMMING  
WHEN ON YOUR  
PERIOD



**Period Education**  
UK

# False

You can still go swimming on your period if you use the right products.

Tampons, menstrual cups, and special period swimwear are good options to try.

True or False?

PERIODS  
SHOULD START  
BETWEEN AGE  
8-15 YEARS OLD



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UK

# True

The average age for periods to start is 12, however it is normal for this to be from age 8-15.