



Creating **PERIOD PRIDE**

Period Trivia Challenge!

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.