

Menstruation Card Game

1. It is embarrassing to buy menstrual products

2. A period normally lasts 2-7 days

3. A girl gets her first period at age 12

4. Girls can go swimming when they have their periods

5. The best way to get rid of used pads and tampons is to flush them down the toilet

6. All girls and women should use tampons

7. It is OK to take a bath or wash your hair when you are menstruating

8. All women get stomach pains and are moody when they are expecting their period

9. Girls who start their periods unexpectedly should go home immediately

10. The blood from a period is dirty

continued

Menstruation Card Game

TRUE

FALSE

DON'T
KNOW

Menstruation Card Game answers

These notes offer guidance for discussion of the Menstruation Card Game answers. The notes don't have to be read to the class word for word - key information can be incorporated into the discussion where relevant.

1. It is embarrassing to buy menstrual products

DEPENDS

Some girls feel embarrassed when they first start buying menstrual products. They may feel that it means that everyone will know they are having a period. It is important to remember that periods are natural and normal. Women and men buy tampons and period pads all the time for themselves, their daughters, sisters or partners. Buying menstrual products need not be embarrassing.

2. A period normally lasts 2 – 7 days

TRUE

However this can vary from woman to woman. If periods last much longer or are very heavy it may be good to see a doctor, particularly if the periods cause tiredness. The patterns of periods may change over the course of a woman's life.

3. A girl gets her first period at age 12

FALSE

A girl may have her first period any time between the age of 8 and 16. It isn't necessarily a sign that something is wrong if she hasn't started by 16, but it might be a good idea to see the doctor to check that this is ok.

4. Girls can go swimming when they have their periods

TRUE

Providing a girl is able to wear a tampon in the water, there is no reason not to go swimming.

5. The best way to get rid of used pads and tampons is to flush them down the toilet

FALSE

Menstrual pads can clog up toilets. If tampons are flushed down the toilet they may end up in the sea because sewage is released into the ocean. The best thing to do is wrap menstrual products in toilet paper or in the plastic package that it comes in and put it in a bin. In public toilets there are special bins for menstrual products.

6. All girls and women should use tampons

FALSE

Each girl or woman needs to decide for themselves, with help from the people who care about them, what type of sanitary protection is best for them. Tampons are just one option. Other options include: pads, pant liners, reusables like menstrual cups, natural sponges. It is physically possible for younger girls to use slender tampons as the vaginal opening and hymen are stretchy. However, for religious or cultural reasons some girls may not wish to do anything that may risk breaking the hymen. Others may dislike the idea of inserting something inside themselves and others may consider health risks, such as toxic shock syndrome, a deterrent. When a girl starts her period it may be better to use pads rather than tampons at first.

Menstruation Card Game answers - 2

7. It is OK to take a bath or wash your hair when you are menstruating

TRUE

Bathing may make a woman feel fresher and a warm bath can help ease cramps of backache. The hormones that control periods also make the sweat glands more active so a woman may sweat more and her hair and skin may be oilier. If a tampon is used it doesn't have to be removed before a bath but it may be wise to change it afterwards. However, in some cultures women do not bathe during their period and observe special rituals and traditions during menstruation.

8. All women get period pains and are moody when they expect their periods

FALSE

Periods affect women in different ways. Lots of women have some discomfort in their belly or their back during menstrual periods. This could be just a mild achy feeling or severe cramps. Some women find that massage, hot baths, hot-water bottles or gentle exercise can help. Others take painkillers. Some women's feelings are also affected in the run up to their period and they might feel irritable. However this doesn't happen to everybody as women are all different.

9. Girls who start their periods unexpectedly should go home immediately

FALSE

Providing the young woman has access to menstrual products and a fresh pair of pants if needed, there is no reason for her to go home. When a girl has her first period she may want to go home if she feels unwell. Once a girl's periods have started she could be prepared for an unexpected period by carrying regular menstrual products with her. After a while most women's periods become quite regular and women know when to expect their bleeding to start. If a girl does start her period unexpectedly she could always ask another girl if she has any menstrual products she can use. Schools will have menstrual products available for girls who start their period during the school day.

10. The blood from a period is dirty

FALSE

There is nothing 'dirty' about menstrual blood. The flow of menstrual blood is connected to the menstrual cycle and the shedding of the lining of the womb. However it is important to remember that if we leave body fluids exposed to the open air for too long they will attract bacteria and begin to smell. Keeping clean and washing clothes/bedclothes is important. In some cultures and religions there are special rituals and traditions associated with menstruation.