

ACTIVITY 1: TRUE OR FALSE

Overview: Teacher calls out a series of statements and students must decide whether they are true

Great For: Revising menstruation; covering a wide range of topics; breaking down misconception and myths

Resources Needed:	Selected list of statements (see pages 2-6)
Prep Time Needed:	5 mins
Works best in:	Classroom or a larger hall
Number of participants:	You can use this activity for any size of group
Time Needed:	15 mins
Set Up:	None

All Ages

Learning Outcomes:

Pupils understand the physical and emotional changes of puberty for male and female bodies, that some people get periods and that this is normal; Pupils understand that there are many myths and taboos associated with periods and how to use facts to form their own opinions

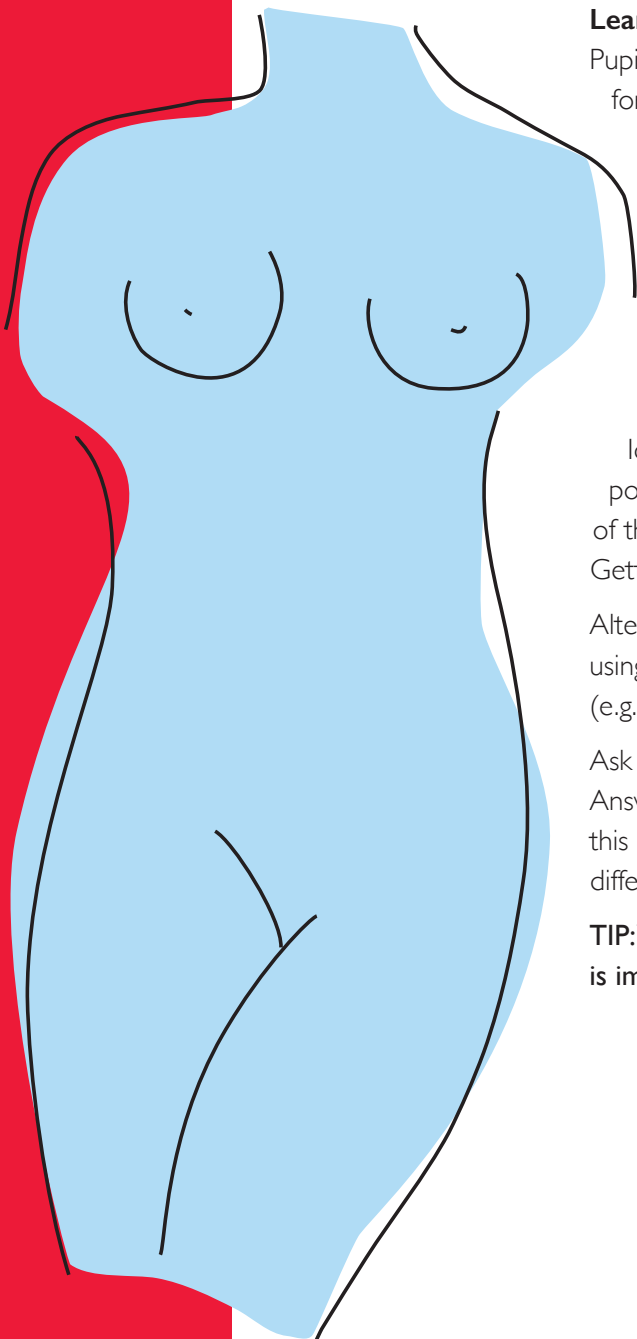
Activity: Read out a series of statements – depending on how much time you have, it could be anything from 5 statements to 15. Ask pupils to determine whether they are true or false or somewhere in the middle.

Ideally you do this by asking pupils to get to their feet and position themselves along an invisible line between one side of the room (Definitely True) and the other (Definitely False). Getting pupils moving can be a good way of breaking the ice.

Alternatively, pupils remain seated and indicating their opinion using individual whiteboards, hand gestures, or coloured card (e.g. green – true; red – false).

Ask pupils to explain their answers, correcting as necessary. Answer any questions that arise as part of the activity, using this as a prompt to start discussion. Overleaf there are ideas of different statements to get you started, with answers provided.

TIP: You can use this format to cover any content that you feel is important for your class, or that they may need to revise.



ACTIVITY 1

Read each statement aloud and ask pupils to decide whether it is True or False.
Answers are provided in italics.

TRUE OR FALSE: PUBERTY

Age 11+

Girls always go through puberty before boys

MOSTLY TRUE – girls tend to start before boys but there is no fixed rule – puberty starts at different times for different people, everyone has their own unique timing

People feel self-conscious during puberty

TRUE. Due to changing bodies we may become more aware of what we look like and compare ourselves to others. People can feel they are the odd one out. Know that all bodies change at the time right for them from around 9-17 years. All bodies are unique – no one looks the same

“My period began 1-2 years after I started to get discharge.”

puberty...

Describes the changes that happen as **children** develop into **adults**

People start fancying other people during puberty

THIS MAY HAPPEN. The body begins sending out many hormonal signals including those linked to being in love. This can make the mind think a lot about being around someone else, perhaps about wanting to hug or kiss them. This is normal but remember that the strong feelings someone might be having are linked to their body trying out feelings and help should be sought if they become unmanageable.

People can feel that they don't fit in during puberty

CAN BE TRUE, as your body begins to change you may start to question where you fit in with family and friends. You may start to feel that you are no longer a child and want more autonomy over what you do and where you go. It can be a difficult and confusing time. In the UK, you are still legally a child until 18 and your body is really just experimenting with these feelings of being an adult.

Being the first or last to go through puberty can be hard

CAN BE TRUE. Everybody goes through puberty in their own time. Starting earlier or later than peers can be difficult as we might feel like we're the odd one out, or that there's something wrong with us. The truth is everybody is different, all bodies change at a time that is right for them, and all bodies are unique

Everyone gets depressed when going through puberty

FALSE, but mood swings do happen where there can be extreme low points and extreme high points. If these continue without lifting and begin to affect your life then help should be sought. It would be a good idea to signpost to ChildLine, Young Minds etc

ACTIVITY 1

Age 11+

TRUE OR FALSE: PERIODS

A period is when someone pees blood

FALSE: period blood does not come from the urethra (pee tube). It is part of a separate bodily system and comes from the womb, leaving the body through vagina. Remind pupils that female bodies have three holes

A period is when someone loses a lot of blood each month

FALSE: the average blood loss is around 1-2 egg cups full but it can look like more. If someone is losing a lot of blood they should see their doctor.

A period is the name for shedding the lining of the womb. TRUE

A period always comes every 28 days

COULD BE TRUE OR FALSE: the average cycle is around 25-35 days – it will be different for everyone

The start of a period is Day 1 of the menstrual cycle. TRUE

A period is made up of blood alone.

FALSE: period blood is a mixture of tissue, blood & mucus

A period always lasts for 5 days

FALSE: period length varies from person to person, it normally lasts between 3-7 days

You can hold in a period like you can hold in a wee

FALSE: the muscles in the vagina are not like the muscles in the urethra, you cannot stop or start period flow at will, it just drips out. This is why period products are used

Period flow is always bright red

COULD BE TRUE OR FALSE: period flow can vary in colour from brown to bright or very dark red. It may depend on the day of your cycle

Most people with a female body have periods between the ages of around 12-55

TRUE: there is variation in ages but most biological females will have regular periods between menarche and menopause

Periods are natural and a normal part of growing up for anyone with a female body TRUE

All period products are thrown away after use

FALSE: some period products are disposable (used once and thrown away) and some are reusable (used, washed and used again many times)



ACTIVITY 1

Age 11+

TRUE OR FALSE: PERIODS continued

A period normally lasts between 3 and 7 days

TRUE

Periods come like clockwork every 28 days

FALSE – people's cycles are different lengths. Anywhere between 25 and 35 days is normal provided it is regular. For the first few years after starting your period they will be very irregular. After that, if your periods are very irregular, you should visit a doctor

Periods should be kept a secret

FALSE – periods are private, but don't have to be secret

Hormones make you angry

FALSE – hormones don't make you anything. Some people experience mood swings as part of their changing hormones during their cycle

Periods only happen to girls and women

FALSE – not all women have periods, and not all people who have periods are women – some trans* and non-binary people do too

Boys don't need to know about periods

FALSE – everyone needs to know about periods

As soon as someone starts their periods, they will happen every month

FALSE – periods can be very irregular in the first year or so

You can't swim on your period

FALSE – you can swim with a tampon or a cup in

People go through puberty at different ages and their bodies develop at different speeds

TRUE – everyone is different and that's ok

Having periods makes you moody

FALSE – some people can feel moody just before their period starts, but not everyone reacts the same

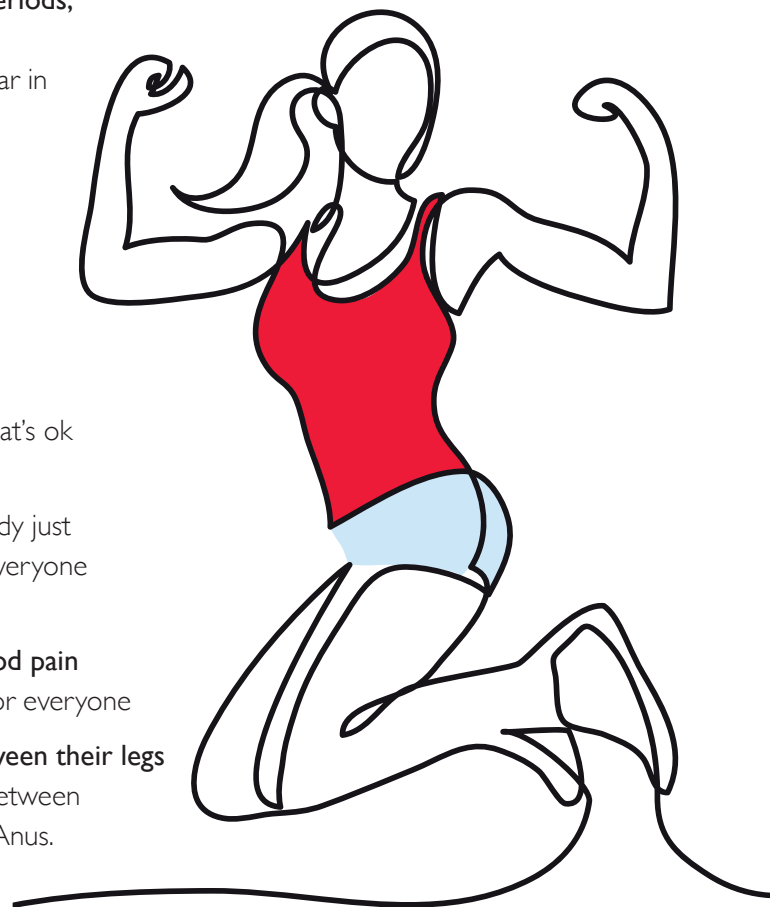
Gentle exercise can help with period pain

TRUE – but not everything works for everyone

Female bodies have two holes between their legs

FALSE – females have three holes between their legs – the Urethra, Vagina and Anus.

Use Card 2 for a diagram



ACTIVITY 1

Age 11+

TRUE OR FALSE: PERIODS continued

Vaginal discharge changes in appearance and texture throughout the menstrual cycle

TRUE – remind pupils that discharge is totally normal

It's ok to leave tampons in for 10 hours

FALSE – the maximum time you should ever leave a tampon in is 8 hours and 6 is safer

PMS is all in the mind

FALSE – PMS is real, and experienced differently by different people

Period blood is unhygienic and dirty

FALSE – it's just normal blood

Resting during your period means you're lazy

FALSE – some people feel a bit down when they're on their period. Looking after yourself is really important. For some people that means resting a bit

All period products are thrown away after use

FALSE – reusable products like menstrual cups, cloth pads, and period pants can be used again and again

Once someone starts their periods they will always have them for the rest of their life

FALSE – periods start at puberty and end at menopause (around age 45-55)

It's ok to flush pads and tampons down the toilet

FALSE – never flush disposable products down the toilet. They clog the drains and may end up in the ocean. If there is no bin, wrap it in loo roll and take it with you until you find one

Ovulation always happens on day 14

FALSE – everyone's cycle is a different length

It's normal to feel different throughout the cycle in each phase

TRUE – as hormones change throughout your cycle, your mood may vary – see card 5

Clots are normal

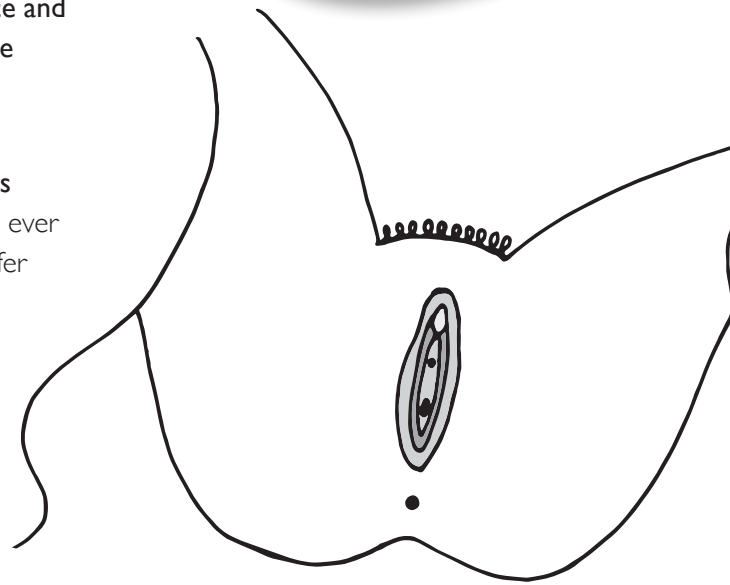
TRUE – most people find clots in their period flow – this is just the normal clotting of blood. If clots are large (bigger than a 10p piece) you should maybe go to the doctor

You can choose when you want to have a period

FALSE – periods happen when they happen and you have no control, unless you take certain medicines to stop your periods

You shouldn't tell anyone if you are on your period

FALSE – you can tell anyone you like. Periods are private, not secret



ACTIVITY 1

Age 15+

TRUE OR FALSE: SEX & PERIODS

Hormonal contraception prevents ovulation

TRUE – all hormonal contraception prevents ovulation – including the pill.
When you bleed on the pill, it's not a real period, but a 'break through bleed'

You can't get pregnant if you have sex on your period

FALSE – sperm can live for 5-7 days, and depending on your cycle you may ovulate during that time

Women often bleed for 6 weeks after giving birth

TRUE – this is called Lochia

Peri-menopause can last 10 years

TRUE – peri-menopause is the time when the menstrual cycle starts to change in the run up to menopause. (It is commonly called menopause)

