help a girl out®

LET'S GET ACTIVE!
TRUE OR FALSE

help a girl out®

LET'S LEARN HOW TO PLAY!

Split the room in the middle
This side of the room = TRUE
The other side of the room = FALSE

help a girl out®

IS IT TRUE OR FALSE...

ONLY adults get a period.

THE ANSWER IS...

FALSE

FALSE

help a girl out

help a girl out®

IS IT TRUE OR FALSE...

Having a period means that your body is growing & healthy.

THE ANSWER IS...

TRUE

help a girl out®

IS IT TRUE OR FALSE...

Biological boys don’t get periods so they don’t need to learn about it.

THE ANSWER IS...

FALSE

help a girl out®

IS IT TRUE OR FALSE...

A period usually lasts 3-7 days.

THE ANSWER IS...

TRUE

help a girl out®

IS IT TRUE OR FALSE...

Every girl starts her period at the same age.

THE ANSWER IS...

FALSE

help a girl out

help a girl out®

IS IT TRUE OR FALSE...

Periods are dirty and should be kept a secret.

THE ANSWER IS...

FALSE

help a girl out®

IS IT TRUE OR FALSE...

A person with a period can swim while on their period.

help a girl out

THE ANSWER IS...

TRUE

help a girl out®

IS IT TRUE OR FALSE...

Having a period means that your body is preparing for pregnancy or a baby in the future.

THE ANSWER IS...

TRUE

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IS IT TRUE OR FALSE...

Periods stop forever after you turn 21 years old.

THE ANSWER IS...

FALSE

help a girl out®

IS IT TRUE OR FALSE...

Your mood could change very quickly.

THE ANSWER IS...

TRUE

help a girl out®

IS IT TRUE OR FALSE...

You can’t play sports when you're on your period.

THE ANSWER IS...

FALSE

IS IT TRUE OR FALSE...

Period blood is heavy like a water tap or water fountain.

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THE ANSWER IS...

FALSE

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IS IT TRUE OR FALSE...

Period blood and urine (pee) come from the same opening.

THE ANSWER IS...

FALSE

Thank you!

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