

Girls Post Test

For each of the statements below, select the best answer from the choices given.

1. You can't participate in any activities when you have your period.

True / False

2. Menstruation occurs when the lining of the uterus is shed.

True / False

3. Menstruation is the same thing as having your period.

True / False

4. Periods always come on a regular schedule.

True / False

5. During your period, you will lose about 2 cups of blood.

True / False

6. Estrogen causes the changes that happen to your body during puberty.

True / False

7. Feminine protection products should be selected based on your flow.

True / False

8. Showering daily and using an antiperspirant/deodorant can help me smell fresh.

True / False

9. Estrogen is:

- a. a sweat gland
- b. an emotional reaction to puberty
- c. the primary female hormone
- d. the primary male hormone

10. An average menstrual cycle is:

- a. 28 days
- b. 3 days
- c. 7 days
- d. 50 days