

## Girls Post test Answers and Presentation

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

The answer to that is **FALSE**- you can participate in activities and sports- remember in the pre test that light exercise does help your "period cramps" and exercise healthy and good for your body every day.

\*I know you 5<sup>th</sup> graders out there that are going to the middle school next year are thinking well Nurse Jamie I know we swim in gym class- yes you are correct- so if you should get your period on the day or days you will have to swim- just have your parent or guardian write a note to the gym teacher stating that you are on your period and the gym teacher will have you wear your gym uniform and do exercises outside the pool instead.

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

The answer to this is **TRUE**-Menstrual cycle- it occurs due to the rise of **Estrogen (primary female hormone)** the lining of your uterus thickens and grows an egg. The egg is released from an ovary around day 14 (that is based off of an average 28 day cycle) when the egg not fertilized (fertilized egg is required for someone to get pregnant) the egg breaks down in the **endometrium (lining of the uterus)** causing Estrogen levels to drop which then causes the endometrium to shed- which is the fluid which comes out of your vagina which is called your **Period**.

**3. Menstration is the same thing as having your period.**

The answer to this is **TRUE**- see answer to question 2

**4. Periods always come on a regular schedule.**

The answer to this is **FALSE**- Like we discussed on the pre test question 6- Especially at first you might get your period one month then skip it the next month, this might take a year or so to get on track and become regular but eventually you should get on your own regular **menstrual cycle**- which is the days from start of your period to the start of your next period. The average cycle is 28 days but this also varies from person to person. It can range from anywhere from 21-35 days.

The best way to keep track is if you have a smart phone you can download a period tracker app. & log it there or if you don't have a phone you can just put a sticker or star on the date you started your period and then count 28 days then place another sticker or star on that date. This way you will have an estimated date for the next time you might get your period so you are ready.

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

The answer to this is **FALSE**- You will only lose about 4-12 teaspoons of menstrual fluid during your period, but only a small amount of this is blood. Although it might look like a lot, it's not as much as you think. Your body contains more than 5 quarts of blood, so it doesn't miss the little bit you lose during a period and your body quickly makes it back.

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

The answer to this is **TRUE**- Estrogen is the primary female hormone that creates your menstrual cycle to start- which starts the physical and emotional changes to happen to your body.

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

The answer to this is **TRUE**- like we discussed in the pre test question 8- Your "flow" is usually heavier at the beginning of your cycle then starts to slow down. But again this can vary from person to person. So it is good to select the right "PAD" for the right "FLOW". I did attach a chart explaining the pad and how to use it and what ones to get based on your "flow".

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

The answer to this is **TRUE**- Like we discussed on the pre test question 2- it is important to shower daily, then apply deodorant and clean clothes (this includes clean underwear)

**9. Estrogen is:**

The answer is **C: the primary female hormone- like we discussed earlier**- Estrogen is the primary female hormone that creates your menstrual cycle (your PERIOD)to start- which starts the physical and emotional changes to happen to your body.

**10. An average menstrual cycle is:**

The answer to this is **A: 28 days**- again that is an average cycle. Everyone is different and cycles can vary from person to person. Like we discussed in the pre test question 6- **menstrual cycle**- which is the days from start of your period to the start of your next period. The average cycle is 28 days but this also varies from person to person. It can range from anywhere from 21-35 days.

The best way to keep track is if you have a smart phone you can down a period tracker app. & log it there or if you don't have a phone you can just put a sticker or star on the date you started your period and then count 28 days then place another sticker or star on that date. This way you will have an estimated date for the next time you might get your period so you are ready.

Last thing is to while we have a lot of extra time at home- I would like you to put together an emergency kit:

A makeup bag or any little bag you have and put inside it a couple of pads, a pair of underwear, and a pair of black leggings or extra pants. When you come back to school in August bring the bag with you and put in your locker or backpack, that way if you get it at school you will be ready and prepared for it!

At school if you need any extra supplies all you have to do is go up to your teacher or school nurse and use the code word "pink power" and they will know what you need and have a pad for you and allow you to go to the bathroom.

I am so glad I got to spend some time with all of you and got a chance to explain all the different things your body goes through when you get your period. The main thing to remember is that every female goes through it. It is a little scary at first but once you talk to your parent or guardian about it, it's not such a big deal at all. They will help you through it at home and your school nurse and teacher will help you at school. So relax and know you are not alone and all women understand and will help you out any way we can.