

# Pop Quiz 02



1

Which products can be used to collect menstrual blood during a period?

**Select all that apply.**

☐ Pads ☐ Tampons ☐ Menstrual Cups ☐ Period Underwear

2

True or False: All people with a uterus get their first period in the 6th grade.

☐ True ☐ False

3

True or False: It's very common for periods to be irregular (at different times) during puberty.

☐ True ☐ False

4

True or False: Wearing deodorant will stop all body odor.

☐ True ☐ False

5

True or False: Pimples and acne are caused by not washing your face.

☐ True ☐ False

# Teacher Key

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1

Which products can be used to collect menstrual blood during a period?

**Select all that apply.**

☒ Pads ☒ Tampons ☒ Menstrual Cups ☒ Period Underwear

Check out [PPFA](#) to learn more about how to use common products (for yourself or friends or siblings who might need support). FYI in California and Nevada it's the law for schools to provide students free period products.

2

True or False: All people with a uterus get their first period in the 6th grade.

☐ True ☒ False

Most people get their first period between ages 8 and 13, but some people get their periods later because each person's body is different.

3

True or False: It's very common for periods to be irregular (at different times) during puberty.

☒ True ☐ False

When people first start menstruating, they may get them more or less frequently. Some people's menstrual flow (period blood) is very light, others very heavy. Blood can also range in color from bright red to dark brown.

4

True or False: Wearing deodorant will stop all body odor.

☐ True ☒ False

During puberty, body odor can get more intense anywhere our bodies make sweat. That means washing your hair regularly and using soap to clean your armpits, feet, and genitals when you bathe is kinda important. Wearing clean clothes, socks, and underwear every day can also help you stay healthy and smelling good, too!

5

True or False: Pimples and acne are caused by not washing your face.

☐ True ☒ False

While washing your face can help, it's not always possible to prevent acne or pimples. Other tips are:

- Keep hair products away from you face.
- Try lotions and creams at your local pharmacy that are specially made to treat acne or pimples.
- If you wear make-up, make sure to wash it all off before you go to bed.