Girls: True or false quiz

Girls start their periods at the same age their mum did.	False – it may happen at the same age but everyone is different. Generally the trend is that girls are starting their periods at a younger age so you might be younger than your mum.
You can't have a shower during your period	False – keeping clean is really important and even more so during your period.
Women stop having periods when they get older	True – usually women stop having periods around the age of 50, this is called the menopause.
A girl shouldn't wear pale coloured trousers during her period	False – there is nothing to stop you and if you are confident in the protection you are wearing there isn't a problem. You might choose not to wear pale colours but it is your choice.
Girls sometimes feel moody before or during their period	True – this does not always happen but some girls can feel different before or during their period. This is caused by the changes in your hormones and you may feel irritable, moody or tearful as well as physical changes such as tiredness and headaches. This is known as PMT or PMS – premenstrual tension/ syndrome.
Periods are always painful	False – periods are not always painful but some girls and women will have some pain. It's different for everyone, but you may have some stomach cramps just before your period starts, for the first few days or even all the way through. For most women and girls a hot water bottle can help or taking some painkillers (talk to a grown up about this) if the pain gets too bad. If you get a lot of pain you might need to go and see the doctor.
Once you start your period you will have one every month	False – generally periods follow a 28 day cycle but this isn't always the case and they may be more or less frequent. When a girl first starts her periods, it may take a while to have a regular cycle.
You shouldn't talk about periods	False – periods are natural and nothing to be ashamed of. If you have any questions or worries you should talk to someone you trust.