

Periods – **true** or **false**?

Write a T or an F next to each statement.

1. Most people start their periods by 10 years old.
2. A period happens when the lining of the womb comes away and passes through the vagina and out of the vulva.
3. During your period you lose about one pint of blood.
4. Once periods start they always happen every 28 days.
5. During a period, bleeding lasts for about 5 to 7 days.
6. Periods are always very painful and cause bad moods.
7. During a period, you should not play sports or go swimming.
8. Periods stop when a person is about 50 years old.
9. You definitely can't get pregnant during your period.
10. You can't have sex during a period.

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