

fact or fiction quiz

Use this quiz as an ice-breaker or an introduction to the topic of re-useable menstrual products.

It can be used in a few ways;

- (1) Give each pair of students a question and they can discuss what they think is the answer and inform the class.
- (2) The teacher can deliver the quiz at the start and end of the topic to measure knowledge gained by students
- (3) Each student reads out a question and the class has to discuss and agree on an answer before the correct answer is given (older students) Page 2-5 includes the quiz with answers

EXPANDED ANSWERS/ DISCUSSION POINTS FOR EACH QUESTION WHERE NEEDED:

(Q 8): Conventional disposable pads take 300-500 years to break down because of all the plastic components. Conventional pads and tampons not only contain plastics but also synthetics, bleaching agents, pesticides (from non-organic cotton crops), dyes, perfumes, and moisture absorbing crystals. Exposure to these may cause irritation and allergies, and may affect breathability and comfort.

(Q 9): Biodegradable pads and tampons are made from all natural, compostable materials that break down quickly in landfill. Even the packaging and waterproof backings on pads are made from plant polymers or recycled paper.

(Q 10): Biodegradable pads and tampons are most commonly made from 100% certified organic cotton.

(Q11): This is based on spending \$15 per cycle on disposable pads and tampons

(Q 15): Period underpants last 2yrs compared to cloth pads (5years) as underpants are made of a finer elastic material so may wear quicker. Always follow the washing instructions carefully

(Q 18): Young teenagers and people who have not had sexual intercourse can use a menstrual cup but need to be confident and familiar with own anatomy.

MULTIPLE CHOICE QUIZ

(Q 1-5): TOPIC- PERIODS

<p>1. The average age that menstruation starts is:</p> <p>a) 11-15 b) 12-16 c) 13-18</p>	1.a
<p>2. How many females aged 15-54 are there in New Zealand (2016 data)?</p> <p>a) 2.3 Million b) 1.1 Million c) 1.6 Million</p>	2.c
<p>3. How many periods does the average menstruating person have per year?</p> <p>a) 10 b) 13 c) 15</p>	3.b
<p>4. How much blood will a person lose during their period on average?</p> <p>a) 30ml b) up to 100ml c) 300ml</p>	4.b
<p>5. Which of the following is NOT a way of saying you have your period?</p> <p>a) Aunt Flo is visiting b) I'm painting the town red c) got my rags d) roses are red</p>	5.d

MULTIPLE CHOICE QUIZ

(Q 6-11)- TOPIC: DISPOSABLE SINGLE-USE PADS AND TAMPONS

<p>6. What are the most common ways in NZ that people managing their monthly period?</p> <p>a) Disposable sanitary pads and tampons b) Medication c) Re-usable options</p>	6.a
<p>7. How many disposable pads and/ or tampons will the average person use in their lifetime?</p> <p>a) 4000 b) 7000 c) 11 000</p>	7.c
<p>8. How long does it take one conventional disposable sanitary pad to break down in landfill?</p> <p>a) 3-12months b) 100-200 years c) 300-500 years</p>	8.c
<p>9. How long does it take a biodegradable disposable sanitary pad to break down in landfill?</p> <p>a) 3-12 months b) 100-200 years c) 300-500 years</p>	9.a
<p>10. What are most biodegradable sanitary pads and tampons made from?</p> <p>a) Rayon b)cotton c) wood and paper pulp</p>	10.b
<p>11. How much will the average person spend on disposable sanitary products in their life time?</p> <p>a) \$6000 b) \$5000 c) \$8000</p>	11.c

MULTIPLE CHOICE QUIZ

(Q 12-14)- TOPIC: RE-USABLE CLOTH PADS & PERIOD UNDERPANTS

<p>12. To cover an average 5-7 day period cycle, how many cloth pads is it recommend you have?</p> <p>a) 7 b) 12 c) 20</p>	12.b
<p>13. With proper care, how long will a cloth pad last?</p> <p>a) 2 years b) 5 years c) 10 years</p>	13.b
<p>14. To cover an average 5-7 day period cycle, how many Period Underpants is it recommend you have?</p> <p>a) 7 b) 12 c) 20</p>	14.a
<p>15. With proper care, how long will your period underpants last?</p> <p>a) 2 years b) 5 years c) 10 years</p>	15. a
<p>16. The most common reason every NZ person doesn't us Re-usable sanitary options is because?</p> <p>a) Its gross, like what my grandmother used</p> <p>b) It's easier just to throw away sanitary pads and tampons and not think about them</p> <p>c) Not many people have heard about the modern reusable options</p>	16.c

(Q 15-20)- TOPIC: MENSTRUAL CUPS

MULTIPLE CHOICE QUIZ

<p>17. What are menstrual cups most commonly made from?</p> <p>a) Soft plastic b) soft rubber (latex) c) soft medical-grade silicone</p>	17.c
<p>18. You can use a menstrual cup if you haven't had sexual intercourse or you are a young teenager?</p> <p>True or false</p>	18.true
<p>19. Compared to a tampon, a menstrual cup can hold how many times more menstrual fluid?</p> <p>a) 2 (10-15ml) b) 3 (15-20ml) c) 4 (25-30ml)</p>	19. c
<p>20. With proper care, how long will a good-quality menstrual cup last?</p> <p>a) 1 year b) 5 years c) 10 years</p>	20.c