

**QUIZ!**

1. **WHICH PART OF THE FEMALE REPRODUCTIVE SYSTEM PRODUCES HORMONES?**
 - The womb
 - The ovaries
 - The vagina

2. **WHAT IS EXPELLED DURING MENSTRUATION?**
 - Eggs and mucus from the vagina
 - Blood from bladder
 - Lining of the womb and a dissolved / outcast egg

3. **WHERE ARE A FEMALE'S EGGS (OVA) PRODUCED?**
 - In the ovaries
 - In the gut
 - In the fallopian tubes

4. **HOW MUCH FLUID ml IS PASSED DURING AN AVERAGE MENSTRUAL PERIOD?**
 - Approximately 250 ml
 - Approximately ½ litre
 - Approximately 50 ml

5. **HOW OFTEN DO MOST GIRLS MENSTRUATE?**
 - Every second month
 - In the beginning it's often irregular, later about every 28 days
 - Every 14 days

6. **CAN YOU FLUSH SANITARY TOWELS DOWN THE TOILET?**
 - Yes, thin towels
 - Yes, they go through the sewage system
 - No, they cause blockages in the toilet

7. **CAN A TAMPON GET LOST IN THE BODY?**
 - No, the cervix is closed
 - Yes, it dissolves after two days
 - Yes, and some have been discovered years later

8. **WHAT ARE USUALLY THE FIRST SIGNS OF PUBERTY IN GIRLS?**
 - Getting darker nipples
 - The arrival of pimples
 - Breasts start to grow, along with pubic hair and the start of menstruation

9. **WHAT ARE THE FIRST SIGNS OF PUBERTY IN BOYS?**
 - The Adam's apple grows to three times its previous size
 - Their voice gets deeper and they get pubic hair
 - They start getting pimples

10. IS VAGINAL DISCHARGE NORMAL?
- No
 - Yes
 - Yes, in some girls
11. HOW LONG DO GIRLS GET VAGINAL DISCHARGE BEFORE THEY START GETTING PERIODS?
- Four days before
 - One month before
 - Between six months to two years before
12. CAN GIRLS USE TAMPONS FOR THEIR FIRST MENSTRUAL PERIOD?
- No, it is dangerous
 - Yes
 - It's sensible for her to get to know her menstrual 'norm' first
13. WHAT IS TSS, TOXIC SHOCK SYNDROME?
- A serious illness caused by a bacterium
 - An infection that guys can get from shaving
 - A type of food poisoning
14. WHAT MAY REDUCE MENSTRUAL PAIN?
- Glucose tablets
 - Coffee with caffeine
 - Stretching exercises
15. HOW BIG IS A UTERUS (WOMB)?
- The size of a golf ball
 - About as large as a melon
 - Roughly the size of a pear
16. HOW MANY HOLES DO GIRLS HAVE AT THEIR BOTTOM?
- Two
 - Five
 - Three
17. IS IT NORMAL FOR THE INNER LABIA TO HANG BELOW THE OUTER LABIA?
- No, only if in girls who have been circumcised
 - Yes
 - Only in Western European girls
18. IS FEMALE CIRCUMCISION LEGAL IN THE UK?
- No, it is illegal
 - Yes, removing the clitoris can control sexual desires
 - Yes, even though it's a painful procedure that can lead to infections and make carrying a pregnancy difficult
19. IS MALE CIRCUMCISION LEGAL IN THE UK?
- Yes, and it is always done soon after birth
 - No, it makes it harder to keep the penis clean
 - Yes, removing the foreskin is legal in the UK, and can be carried out for medical or religious reasons

20. HOW BIG IS A SPERM?

- 1 cm
- 0.06 mm
- ½ mm

21. WHY CAN PEOPLE GET MOOD SWINGS IN PUBERTY?

- Because changing hormones affect mood
- Because your parents are old and don't understand
- Because your body is poisoned

22. WHAT'S ONE SIGN OF BEING IN LOVE?

- Your heart pounding when you see the person
- You have to pee all the time
- You get cold feet

CORRECT ANSWERS

1. Which part of the female reproductive system produces hormones?
Answer: **The ovaries**
2. What is expelled during menstruation?
Answer: **Lining of the womb and a dissolved / outcast egg**
3. Where are a female's eggs (ova) produced?
Answer: **In the ovaries**
4. How much fluid ml is passed during an average menstrual period?
Answer: **Approximately 50 ml**
5. How often do most girls menstruate?
Answer: **In the beginning it's often irregular, later about every 28 days**
6. Can you flush sanitary towels down the toilet?
Answer: **No, they cause blockages in the toilet**
7. Can a tampon get lost in the body?
Answer: **No, the cervix is closed**
8. What are usually the first signs of puberty in girls?
Answer: **Breasts start to grow, along with pubic hair and the start of menstruation**
9. What are the first signs of puberty in boys?
Answer: **Their voice gets deeper and they get pubic hair**
10. Is vaginal discharge normal?
Answer: **Yes**
11. How long do girls get vaginal discharge before they start getting their periods?
Answer: **Between six months to two years before**
12. Can girls use tampons for their first menstrual period?
Answer: **Yes**
13. What is TSS, Toxic Shock Syndrome?
Answer: **A serious illness caused by a bacterium**
14. What may reduce menstrual pain?
Answer: **Stretching exercises**
15. How big is a uterus (womb)?
Answer: **Roughly the size of a pear**
16. How many holes do girls have at their bottom?
Answer: **Three**

17. Is it normal for the inner labia to hang below the outer labia?

Answer: **Yes**

18. Is female circumcision legal in the UK?

Answer: **No, it is illegal.**

19. Is male circumcision legal in the UK?

Answer: **Yes, removing the foreskin is legal in the UK, and can be carried out for medical or religious reasons.**

20. How big is a sperm?

Answer: **0.06 mm**

21. Why can people get mood swings in puberty?

Answer: **Because the changing hormones affect mood**

22. What's one sign of being in love?

Answer: **Your heart pounding when you see the person**