



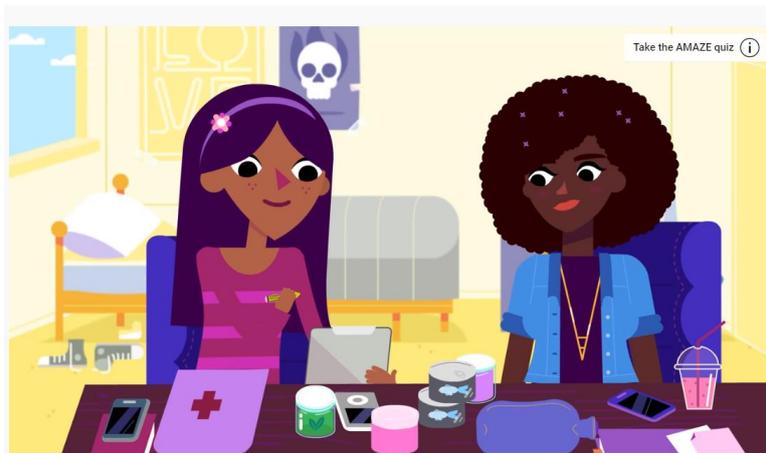
HOME LEARNING

Subject: PSHE

Time: 1 Hour

Learning Objective: understand the emotional and physical changes associated with menstruation

Menstruation is the process of a female or person with a uterus having periods. Watch this [video](#) for more information.



Task1: Watch the video about menstruation above and answer the following true or false questions:

1. Menstruation happens roughly between the ages of 8 and 13. True / False
2. Periods only happen when a person is pregnant. True / False
3. The blood seen as part of a period is the excess lining of a uterus. True / False
4. Menstruation can cause both constipation and diarrhoea. True / False
5. Girls are always moody and tired when they have their period. True / False
6. There are many symptoms that can occur around menstruation. True / False
7. Cramps are caused because of eating too much chocolate. True / False
8. Heating pads and pain relief can reduce cramps. True / False

Task2: Watch this [\(470\) All About Getting Your Period - YouTube](#) about period products and answer the questions below:

1. How often should menstrual products be changed?
2. Name the three products mentioned to catch the flow of fluids?
3. What 3 things do they mention can help with period pains/cramps?



If you have more questions on this topic, feel free to speak to me another trusted adult.

Alternatively this website is a great source of information for teens [Always Feminine Products for Every Day of Your Cycle](#)

Save your work: If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date. For example: S.Smith PSHE 8 January

If you would like us to see or mark your work please email it or send a photo of your completed work to: zgolding@glebe.bromley.sch.uk

Miss Golding