

## ENVIRONMENSTRUAL QUIZ 2020

1) **On average, how many years back-to-back will a woman spend having a period?**

- a) Between 4 to 7 years
- b) Between 7 to 10 years**
- c) Between 10 to 13 years

2) **How many people menstruate worldwide, everyday?**

- a) 100 million
- b) 200 million
- c) 300 million**

3) **In French, which expression/euphemism is used to speak about periods?**

- a) "Les Anglais ont débarqué" : "The English have landed"**
- b) "Le vagin en bettrave" : "Beetroot-vagina"
- c) "La semaine des fraises" : "Strawberry week"

**Bonus trivia:**

- It's related to the Napoleonic wars and the undesirable arrival of the English who wore red uniforms
- the second one is a Danish expression: "Rødbedeskede"
- the third one is a German expression: "Erdbeerwoche"

4) **What unexpected phenomenon occurs when a person is menstruating?**

- a) The person's hair gets lighter
- b) Their nails grow faster
- c) The sound of their voice changes**

**Bonus trivia:** "Based on scientific research, women's voices change during the menstrual cycle depending on which stage of a cycle they are currently at. All of these changes are caused by hormones of course. Research shows vocal pitch and intensity vary throughout the cycle. Even more interestingly, the same study showed that oral contraceptive users, whose hormonal fluctuations are muted, did not show these cyclical voice changes" More info can be found [here](#) and [here](#)

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5) Which film is thought to be the first video to use the word "vagina"?

- a) **The Story of Menstruation, Walt Disney, 1946**
- b) The Cycle of Life, Charlie Chaplin, 1938
- c) The Red Code, Alfred Hitchcock, 1955

6) Which of these beliefs were common in the Middle Ages?

- a) Menstrual blood was thought to cause headaches, colds, and leprosy
- b) Period blood was used to fight demons, and to cure demonic possession
- c) Period blood was used to cast love charms
- d) Menstruation was thought to be the reason for having red hair
- e) It was thought that periods could control the weather
- f) Period blood kills crops and rusts iron
- g) Burnt toad was thought to lessen a heavy flow
- h) **All of the above**

### Bonus trivia:

- It was believed in the Middle Ages that children with red hair were conceived during menstruation (Ohne)
- Folk magic claiming that mixing a drop of menstrual blood in a person's food guarantees the eater's love and devotion [\(Bustle\)](#)
- In times of witchcraft and demons, period blood was used to fight demons and to cast love charms [\(Intimina\)](#)
- Pliny the Elder (a Roman naturalist) claimed periods could control the weather [\(TOTM\)](#)
- "Contact with the monthly flux of women turns new wine sour, makes crops wither, kills grafts, dries seeds in gardens, causes the fruit of trees to fall off, dims the bright surface of mirrors, dulls the edge of steel and the gleam of ivory, kills bees, rusts iron and bronze, and causes a horrible smell to fill the air. Dogs who taste the blood become mad, and their bite becomes poisonous as in rabies. The Dead Sea, thick with salt, cannot be drawn asunder except by a thread soaked in the poisonous fluid of the menstrual blood. A thread from an infected dress is sufficient. Linen, touched by the woman while boiling and washing it in water, turns black." (Pliny The Elder, Roman naturalist) [\(Bustle\)](#)
- According to medieval historian Amy License, the medical advice you'd receive wasn't entirely animal-friendly. In order to lessen your flow, you needed to find a toad, burn it in a pot, and then wear the ashes strapped in a pouch near your offending regions. [\(Bustle\)](#)

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7) **Which of these superstitions are still alive, even today around the world?  
During your period...**

- a) Don't go camping because the bears can smell it from far away (US / UK)
- b) Don't wash or cut your hair (Colombia)
- c) Having sex can kill your partner (Poland)
- d) You can't make whipped cream, it will curdle (Argentina)
- e) You can't make mayonnaise, it will curdle (France)
- f) You can't make sushi because you have an imbalance in taste (Japan)
- g) All of the above**

8) **According to some scientific thought, what would happen to people who menstruate if they sleep with the light on?**

- a) Their period would be heavier
- b) Their period would be lighter
- c) Their period would be longer
- d) Their period would be shorter**

**Bonus trivia:** Scientists have been researching the effects of artificial light on periods over the years. Some believe that light exposure affects the secretion of the sleep hormone, melatonin, which helps control the release of certain hormones. They found that some women who slept with the light on actually saw the duration of their periods shorten (Ohne)

9) **In 1983, how many tampons did NASA want to provide to Sally Ride for the one week of her period whilst in orbit?**

- a) 70 tampons
- b) 100 tampons**
- c) 150 tampons

10) **In which year did the word "period" first appear in TV advertising?**

**Wen.**

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- a) in 1973
- b) in 1985**
- c) in 1994

**Bonus trivia:** The word 'period' first appeared in TV advertising in a Tampax commercial starring Courteney Cox in 1985

### 11) Which reusable menstrual product has the most Google searches compared to other reusable options as of 2018?

- a) Period-proof pants
- b) Reusable cloth pads
- c) Menstrual cups**

**Bonus trivia:** The number of Google searches for reusable products has increased in recent years, with the menstrual cup proving the most popular. The search engine uses a number out of 100 to represent interest in a search term. In 2013, the search "menstrual cup" had a popularity score of 21, but it has increased to 83 only five years later. Most searches came from Australia, while the United States had the most for reusable menstrual pads.

### 12) In which country is it common to celebrate when a girl first gets her period?

- a. Sri Lanka**
- b. Greece
- c. New Zealand

**Bonus trivia:** In Sri Lanka, when a girl first gets her period, it's common for her family to perform a ritual and host a celebration (Plan Australia)

### 13) How big is a uterus?

- a) The size of a kiwi
- b) The size of a pear**
- c) The size of melon

**Bonus trivia:** Your uterus is only about the size (and shape) of a pear. It is actually only around 3-4 inches long and 2.5 inches wide (Intimina)

**Wen.**

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### 14) **Mainstream menstrual products are sterile – true or false?**

- a) True
- b) False**

**Bonus trivia:** Despite the whiter than white appearance and individually wrapped pads and tampons, menstrual products are not sterile. They are not classified as medical devices in the UK, so all the plastic packaging is a wasteful illusion (Seeing Red Briefing)

### 15) **What is the name of the health condition often associated with tampon use?**

- a) Tampon Hypertension Syndrome (THS)
- b) Tension Shock Disease (TSD)
- c) Toxic Shock Syndrome (TSS)**

### 16) **What is the name of the inventor who patented the first menstrual cup as we know it today?**

- a) Leonie Chalmers (American)**
- b) Dr. Mary Barton (English)
- c) Mary Beatrice Davidson Kenner (American)

**Bonus trivia:** The first modern menstrual cups, similar to the cups we know today, were invented in 1937 by American actress Leona Chalmers. She patented a design of a menstrual cup which was made from latex rubber. Her patent application states that the design won't cause "uncomfortableness or consciousness of its presence." It also allowed women to wear "thin, light, close fitting clothing" without belts, pins or buckles that could show.

### 17) **Who invented the sanitary belt (a precursor to the maxi pad)?**

- a) Mary Beatrice Davidson Kenner (1912-2006)**
- b) Bette Nesmith Graham (1924-1980)
- c) Mary Phelps Jacob, later known as Caresse Crosby (1891-1970)

**Bonus trivia:** Bette Nesmith Graham invented the correction fluid Liquid Paper  
Mary Phelps Jacob invented the modern bra

**Wen.**

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18) **Are period care brands required legally to disclose the ingredients in their products?**

- a) Yes, because they are classed as medical devices
- b) No, because they are not classed as medical devices**

**Bonus trivia:** Unlike food products, there is no legal requirement to list ingredients on their packaging, although most of this information is available online.

19) **Which brand invented the first dome-tipped plastic tampon applicator?**

- a) Tampax
- b) Playtex**
- c) Kotex

20) **In 2019, what company was the first to stop producing plastic applicators for its own-brand tampons?**

- a. Tesco
- b. Asda
- c. Sainsbury's**

**Bonus Trivia:** November 2019: Sainsbury's became the first company to stop producing plastic applicators for its own-brand tampons, removing 2.7 tonnes of plastic annually (the Guardian)

21) **Which other companies have followed this initiative since then? (Q21 cont.)**

- a. Aldi**
- b. Boots
- c. Superdrug**

**Bonus trivia:** [Superdrug](#) has removed all plastic applicators from its own-brand tampons, which will save around 418kg of plastic waste each year.

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The move from Superdrug follows similar announcements from Sainsbury's and Aldi regarding own-brand applicator tampons. However, Superdrug is the first big health and beauty retailer in the UK to make the move.

Superdrug will continue to stock other brands that use plastic applicators for now (the Huffington post)

**22) In the UK, what amount of waste tampons, pads and panty liners, along with their packaging, is generated each year?**

- a. 100,000 tones
- b. 150,000 tones
- c. **200,000 tones**

**23) How many period products are purchased every year in the UK?**

- a) Less than 1 million
- b) **Over 2 million**
- c) More than 5 million

**Bonus trivia:** Across the UK, over 11 billion wet wipes, nearly 2.5 billion period products, nearly 4 billion nappies and over a billion incontinence products are purchased every year. These numbers are growing – wipes by over a quarter, and incontinence products by nearly half, compared with five years ago

**24) Fill in the blank: Disposable menstrual products are the \_\_\_\_\_ most common type of waste washing up on beaches.**

- a) Third
- b) **Fifth**
- c) Tenth

**25) How many pieces of menstrual waste are found per 100m of beach cleaned in UK?**

- a) 10.2 pieces
- b) **4.8 pieces**
- c) 2.1 pieces

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26) What is the name of the activist who managed to collect more than 200,000 petition signatures to demand plastic free menstrual products?

- a. Ahlyah Ali
- b. Ella Daish**
- c. Simmone Ahiaku

**Bonus trivia:** For other activists working for a more sustainable world, [check this out](#).

27) What is the name of the first trans activist to front a period campaign?

- a. Kortney Ryan Ziegler
- b. Kylar Broadus
- c. Kenny Ethan Jones**

**Bonus trivia:** [For the other activists check this out](#).

28) Are you able to name some initiatives that aim to tackle period poverty?

1. **The Red Box Project**
2. **Bloody Good Period**
3. **Binti International**
4. **The Homeless Period – Wolverhampton**

29) Which country will be the first country to provide free pads and tampons to all who need them?

- A. Scotland**
- B. Finland
- C. Australia

30) What was the percentage of girls who had difficulty paying for or having access to period products during lockdown?

- A. 1 in 10 girls

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- B. **3 in 10 girls**
- C. 5 in 10 girls

### Bonus trivia

31) What makes up 8.5% of all litter found on our beaches?

- a) Cotton bud sticks
- b) Wet wipes
- c) Tampon applicators
- d) Pads
- e) Nappies
- f) **All of the above**

32) What percentage of people flush their period products down the toilet in the UK?

- a) 5%
- b) 33%
- c) **41%**

33) How many tampons and pads are flushed every day in the UK?

- a) 1.5 million
- b) 3 million
- c) **4.6 million**

34) How many plastic bags worth of plastic are in a standard pack of mainstream disposable pads?

- a) 0
- b) 2
- c) **5**

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**35) How many countries in the world offer paid menstrual leave?**

- a) 4
- b) 31
- c) 56

**Bonus trivia:** Indonesia, South Korea, Taiwan, Zambia

**36) What percentage of girls in the UK have to improvise menstrual wear due to affordability issues?**

- a) **More than one in ten girls (12%)**
- b) Not more than 8%
- c) None 0%