

ENVIRONMENSTRUAL QUIZ 2021

1

Who founded Environmenstrual week in 2018?

- A. The United Nations
- B. Wen**
- C. The period product industry

Source: Wen founded the Environmenstrual Week of Action in 2018.

2

How many disposable menstrual products are used on average by women, girls or people who menstruate across a lifetime?

- A. Less than 7,000
- B. More than 11,000**
- C. About 15,000

Source: Wen's Environmenstrual Factsheet

<https://www.wen.org.uk/wp-content/uploads/Environmenstrual-Factsheet-2021-1.pdf> Based on an average 38 years of using 22 menstrual products per cycle, 13 cycles per year.

3

How much waste do single use menstrual products generate per year in the UK?

- A. 200,000 tonnes**
- B. 15,000 tonnes
- C. 150,000 tonnes

Source: <https://www.knowwaste.com/>

4

Fill in the blank: Switching from tampons to menstrual cups lowers your carbon footprint ___ times.

- A. 3
- B. 7
- C. 16**

Source: <https://www.zerowastescotland.org.uk/research-evidence/carbon-impacts-menstrual-products>

5

How much would using a menstrual cup rather than disposables save over a lifetime on average?

- A. Up to £900
- B. Up to £2,500
- C. **Up to £3,700**

Source:

https://zerowasteurope.eu/wp-content/uploads/2019/12/bffp_single_use_menstrual_products_baby_nappies_and_wet_wipes.pdf

6

If the same levels of fragrance found in menstrual products were in cosmetic products, they would require mandatory labelling. True or false?

- A. **True**
- B. False

Source: <https://www.sciencedirect.com/science/article/pii/S2405665021000068>

7

Period products are a considerable source of exposure to endocrine disrupting chemicals (chemicals which can interfere with our hormones) such as phthalates, bisphenols, and parabens, which are linked to which health problems?

- A. Cancer
- B. Endometriosis
- C. Birth defects
- D. Asthma
- E. Allergies
- F. Infertility
- G. **All of the above**

Source: <https://pubmed.ncbi.nlm.nih.gov/31859481/> ; <https://pubmed.ncbi.nlm.nih.gov/31945693/> ; <https://www.womensvoices.org/menstrual-care-products/chem-fatale-report/> *The skin of the vagina is extremely absorbent, so absorption rates are higher.*

8

All period pants are free of the harmful chemicals found in disposable period products. True or false?

- A. True
- B. **False**

Source:

https://www.mamavation.com/health/period-underwear-contaminated-pfas-chemicals.html?__cf_chl_jschl_tk__=pmd_zljWa0utaliH9s2deyyaAGq.TmXNxdLp4ws_K2iMMoE-1630858689-0-ggNtZGzNAhCicnBszQeR *Certain period pants were found to contain #PFAS, a chemical linked to cancers, infertility, developmental disorders, obesity, miscarriage and asthma and allergies.*

9

Single use menstrual pads can contain up to 90% plastic. Microplastics (small pieces of plastic waste) are particularly harmful to ocean life. How many microplastic particles have been found in some areas of the oceans?

- A. 6 times more than the number of plankton
- B. 500 times more than the number of stars in the galaxy
- C. All of the above**

Source: https://sustainabledevelopment.un.org/content/documents/Ocean_Factsheet_Pollution.pdf

10

Mainstream menstrual products are sterile

- A. True
- B. False**

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 3).

11

What is the name of the health condition often associated with tampon use of young women?

- A. Tampon Hypertension Syndrome (THS)
- B. Tension Shock Disease (TSD)
- C. Toxic Shock Syndrome (TSS)**

Source: <https://www.nhs.uk/conditions/toxic-shock-syndrome/>

12

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

- A. 0
- B. 2
- C. 4**

Source: <http://toxicslink.org/docs/Menstrual%20Waste%20Report.pdf>

13

What percentage of period products are flushed down the toilet each year in the UK?

- A. 5-15%
- B. 35-47%**
- C. 27-35%

Source: [The Marine Conservation Society Beach Clean 2020.](#)

Based on an estimated 4.3 billion menstrual products used each year, of which 1.5-2 million are flushed down the toilet.

14

Along with wet wipes, period products are the top 7 items which cause sewer blockages. How much do sewer blockages cost each year to resolve?

- A. **£100 million**
- B. £170 million
- C. £19 million

Source: <https://www.water.org.uk/wp-content/uploads/2018/11/Wipes-in-sewer-blockage-study.pdf>:
<https://www.water.org.uk/wp-content/uploads/2021/01/Environment-Bill-Water-UK-Recommendations.pdf>

15

How much would using a menstrual cup rather than disposables save over a lifetime on average?

- A. Up to £900
- B. Up to £2,500
- C. **Up to £3,700**

Source:
https://zerowasteeurope.eu/wp-content/uploads/2019/12/bffp_single_use_menstrual_products_baby_nappies_and_wet_wipes.pdf

16

How much do women and people who menstruate in Britain spend on average over the course of their lifetime on period related items?

- A. £3,450
- B. £9,330
- C. **£4940** - this should be in bold

Source:
<https://www.channel4.com/news/factcheck/period-poverty-is-real-but-the-average-woman-isnt-spending-500-a-year-on-menstruation>

17

Period pants are free of the harmful chemicals found in disposable period products.

- A. True
- B. **False**

Source:
https://www.mamavation.com/health/period-underwear-contaminated-pfas-chemicals.html?__cf_chl_jschl_tk__=pmd_zljWa0utaliH9s2deyyaAGq.TmXNxdLp4ws_K2iMMoE-1630858689-0-gqNtZGzNAhCjcnBszQeR Certain period pants were found to contain #PFAS, a chemical linked to cancers, infertility, developmental disorders, obesity, miscarriage and asthma and allergies.

18

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

- A. Yes, because they are covered by legislation.
- B. No, because current legislation in the UK does not require them to do so.**

Source: No because they are covered under the [General Products Safety Regulations](#) which does not specifically mention period products or require them to list all the ingredients.

19

How many countries in the world offer paid menstrual leave?

- A. 4**
- B. 31
- C. 56

Source:

<https://www.forbes.com/sites/juliawuensch/2020/08/17/the-economic-and-moral-case-for-menstrual-leave/?sh=53fdfdc67019> *Indonesia, South Korea, Taiwan, and Zambia*

20

Over lockdown in 2020, how many girls (aged 14-21) struggled to afford or access period products?

- A. 5%
- B. 20%
- C. 30%**

Source: <https://plan-uk.org/period-poverty-in-lockdown>

21

What is the name of the inventor who patented the first menstrual cup as we know them today?

- A. Leonie Chalmers (American)**
- B. Dr. Mary Barton (English)
- C. Mary Beatrice Davidson Kenner (African-American)

Source: <https://uk.lunette.com/blogs/news/short-history-of-menstrual-cups>

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 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.

22

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

- A. Tampax
- B. Playtex**
- C. Kotex

Source:

<https://www.theatlantic.com/health/archive/2015/06/history-of-the-tampon/394334/>

