

ENVIRONMENTAL QUIZ

ANSWERS IN BOLD

1) 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**

Source:

<https://www.bbc.co.uk/news/business-45667020>

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.

2) Fill in the blank: Disposable menstrual products are the ____ most common type of waste washing up on beaches.

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

Source:

http://ec.europa.eu/environment/circular-economy/pdf/single-use_plastics_impact_assessment.pdf

Wen.

3) How many menstruators flush their period products down the toilet in the UK?

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

Source:

<https://www.anglianwater.co.uk/in-the-community/protecting-our-environment/why-keep-it-clear/in-the-community/female-hygiene-education/>

4) 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

Source:

<https://friendsoftheearth.uk/plastics/plastic-periods-menstrual-products-and-plastic-pollution>

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

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

Source:

<https://fairygodboss.com/articles/paid-menstrual-leave-yes-please>

Indonesia, South Korea, Taiwan, Zambia

Wen.

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

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

Source:

<https://wuka.co.uk/pages/plasticoceans>

7) 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](#)).

8) How much do women in Britain spend on average over the course of their lifetime on period related items?

- a) £5,670
- b) £18, 450**
- c) £22,100

Source:

https://www.huffingtonpost.co.uk/2015/09/03/women-spend-thousands-on-periods-tampon-tax_n_8082526.html

Wen.

9) 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%

10) 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

Source:

https://www.london.gov.uk/sites/default/files/environment_committee_-_plastic_unflushables_0.pdf

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.

11) Which countries have abolished the tampons tax?

- a) Australia, Canada, India, Ireland, Kenya, Uganda**
- b) USA, UK, Australia, Canada, South Korea, Brazil
- c) Spain, France, USA, India, Germany, Rwanda

Source:

<https://www.bbc.co.uk/news/business-45667020>

Wen.

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

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

Source: <https://www.natracare.com/blog/how-much-plastic-in-sanitary-pads/>

13) 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 (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.

13) 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/>

Wen.

15) 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/>

16) 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**

Source:

<https://www.bbc.co.uk/news/world-43879789>

Unlike food products, there is no legal compulsion to list ingredients on their packaging, although most of this information is available online.

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

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

Source:

<https://www.mcsuk.org/news/plastics-flushed-incorrectly>