

Learning to **manage your period** can be a little challenging at first. It does get easier over time. What can you remember about the advice that Nikki and Kym gave you in the video?

1. How often should you change a pad or tampon?

- Twice a day. Once in the morning when you get out of bed, and again before going to bed at night.
- Every time you go to the toilet.
- Every 3-4 hours, or more often if needed.

2. What can happen if you leave a tampon in too long?

- Nothing.
- You can get toxic shock syndrome (a serious infection).
- The tampon will fall out.

3. What are the different sizes of pads?

(Select all that are correct. There are 5 correct answers.)

- Tiny
- Panty liner
- Regular
- Super
- Extra long
- Overnight

4. Do you have to wear a tampon?

Yes

No

5. Which of the following are suitable feminine hygiene products?
(Select all that are correct. There are 5 correct answers.)

Pads

Tampons

Diva (or menstrual) cup

Period undies (such as Modibodi, Bonds, Ruby Love or Thinx)

Period swimwear (such as Modibodi, Ruby Love)

Toilet Paper

Nothing