

1. Day 1 of the cycle begins when bleeding from the vagina begins **TRUE**
2. A period can last for two weeks **FALSE** about 4-5 days but it is different for individual women
3. The cycle lasts 28 days **TRUE**
4. A girl cannot go swimming while being on her period (or running, dancing or wash their hair) mention some religions have certain practices whilst some women are on their periods **FALSE** girls can do everything they normally do whilst being on her period. Exercise can help ease cramps
5. A girl cannot get pregnant whilst on her period/losing blood **FALSE**
6. At approximately day 14, a mature egg is released – also called ovulation **TRUE**
7. If a sperm cell does not meet an egg cell, the lining breaks down and the cycle starts again **TRUE**
8. The most fertile period during the menstrual cycle is approximately 14 days into the cycle **TRUE**
9. You can't get pregnant on your first period or if your periods are irregular **FALSE** ovulation and fertilisation can occur before your first period

Important to remember these are all approximates. Different for each and every girl